

# Woman's Day<sup>®</sup>

LIVE WELL EVERY DAY<sup>™</sup>

## Soup's On!

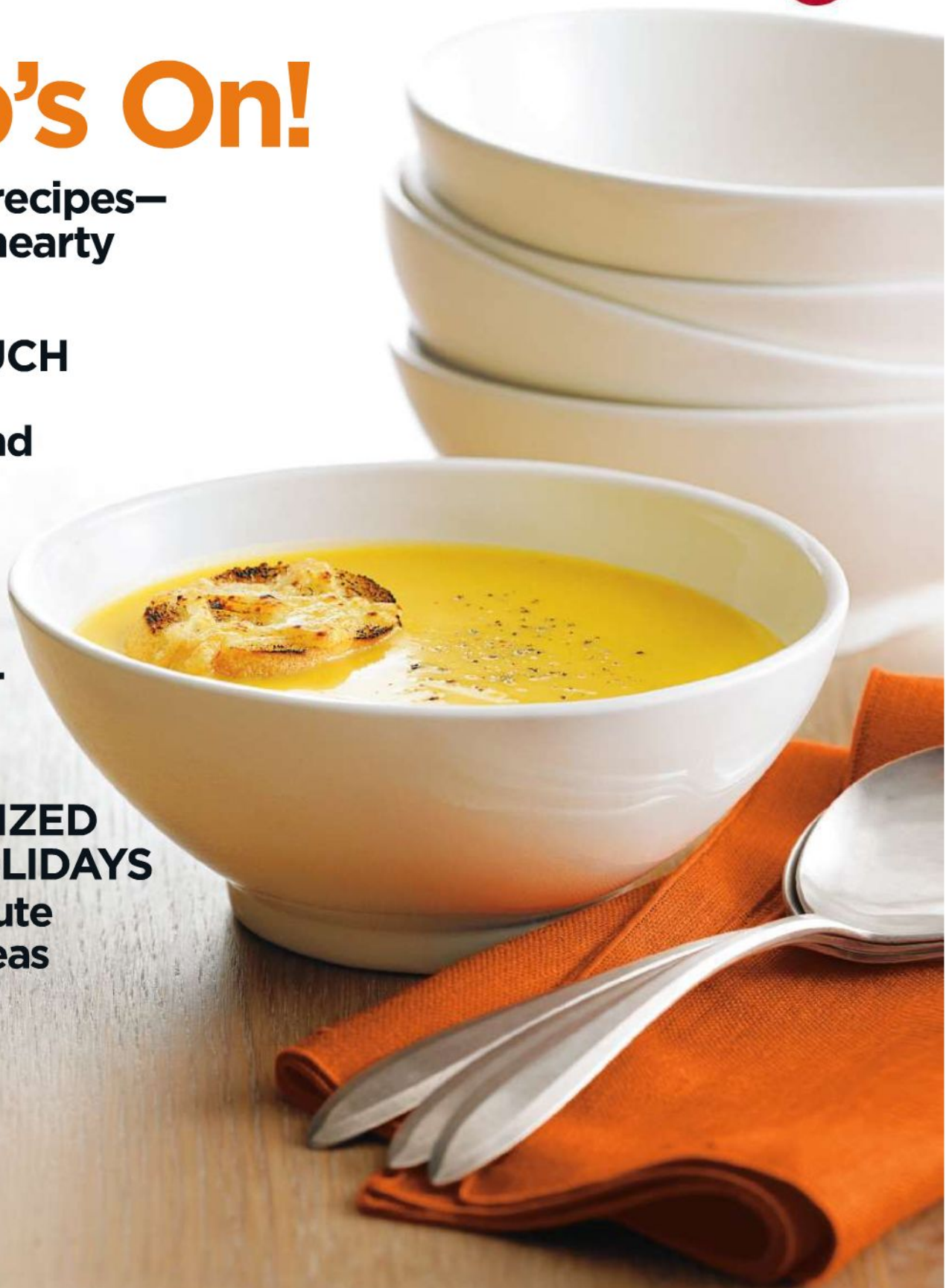
Our favorite recipes—  
easy, warm, hearty

### STAY IN TOUCH

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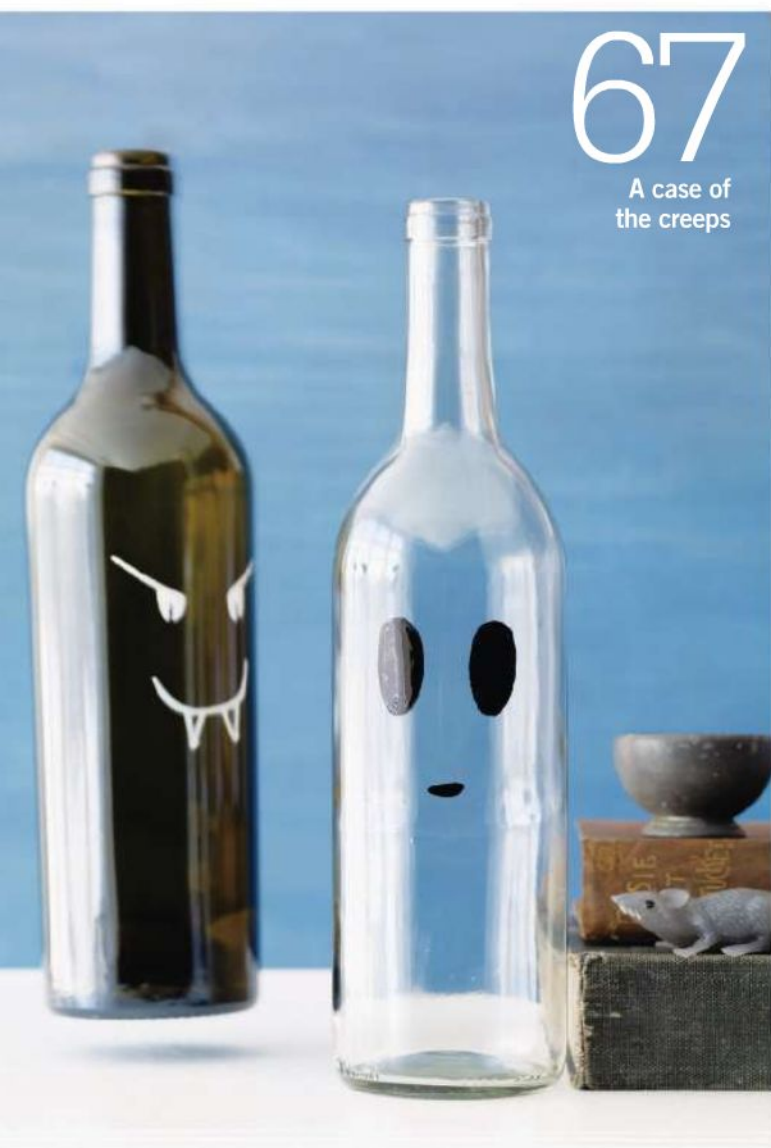
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a number.



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## how to reach us

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How do you make  
your pet feel a step  
above the rest?

"My cat, Geronimo, will only drink from a glass, so I let him sip from a tumbler just like the rest of the family."

*Elizabeth Mayhew,  
VP/Editor-in-Chief, Brand Content*

"Oscar, my Persian cat, gets a monthly bath and blowout—it keeps his fur beautiful and cuts down on allergy-causing dander."

*Brooke Nevils, Assistant Editor*

"I pooh-pooh smelly litter."



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"When we have dinner, we set a place for my dog, Dukie, with his dog dish next to us on the floor, and make him part of the routine. He never begs for food because he has his own plate!"

*Tina Marchisello,  
Director, Special Projects & Events*

"I give my dog, Zoey, themed birthday parties and invite all of her dog and people friends. Last year, we had a Hannah Montana party and I filled a guitar piñata with dog treats."

*Jessica Clary,  
Integrated Beauty & Fashion Director*

"Our children take turns having our golden retriever, Shannon, sleep in their rooms—the first kiddo to complete his or her chores and homework gets Shannon as a 'guest' that night!"

*Colleen Coyne,  
Detroit Integrated Brand Director*

"Whenever we come home, we make a point to greet our three cats—Maynard, Shea and Old Tom—to let them know that no matter where we go, we're always happy to be back with them."

*Toni Nicolino,  
Senior Integrated Marketing Manager*

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# all in a woman's day

by Elizabeth Mayhew, Editor-in-Chief

## in touch

Soon after I started my job here at *Woman's Day* I made an appeal to all of you: Send me your ideas, needs and concerns so that we might address the issues that you care about most. I received loads of emails about what you'd like to see in our pages, and it was one of those emails that inspired this, our "connected" issue.

Barbara Obstgarten, a retired teacher, mother of two and grandmother of one, wrote me in April asking for ideas and resources to help her connect with her 2-year-old grandson, DJ, who lives 2,500 miles away. Frustrated that she and her family could not afford frequent visits, she was seeking ways to be part of their life. What she longed for was to read DJ his nightly story, attend his Little League games (when he's a bit older, of course) and bake cookies with him.

That got us thinking, not just about new and creative ways to stay in touch with family, but also about what being connected really means in this age of electronic and social media. The result is this issue—and Barbara, have we got solutions for you.

Though you may not be able to physically bake cookies with DJ (yet), you can certainly read him a bedtime story (find out how in "Web Ways to Stay Connected," page 14). And when he's old enough for Little League, I'm quite sure that you'll be able to virtually attend his game (check out "How Connected Are We?," page 18, to read about ways some readers currently bridge the distance, and what experts foresee as the future of staying in touch).

No doubt about it, connecting with friends and family is now easier than ever. We have Facebook (see page 16 for some amazing stories of connection) and texting (Barbara, you may *not* want to text DJ—read a 16-year-old's insights into adults texting on page 20). And let's not forget old-fashioned letter writing: "The Power of a Letter" on page 28 makes a great argument for setting down words that can be cherished forever.

Of course, all of this virtual connecting cannot totally replace face-to-face time. Like Barbara, we want to reach out and touch our loved ones—it's human nature. So let's embrace the new, but make it a priority to see our friends and family whenever, wherever possible.



### face time

Starting this fall, I'll be touring the country hosting a series of breakfasts and dinners. Why?

Because I want to hear what concerns you, what matters to you, and what you want to read and see in the pages of *Woman's Day*. Check out [womansday.com/tour](http://womansday.com/tour) to see my itinerary. And if I'm not coming to your town, please feel free to email me just like Barbara did, at [Elizabeth@womansday.com](mailto:Elizabeth@womansday.com).

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**TYPE:** Strawberry Syrup  
**ORIGIN:** Pre-timeout tantrum



**TYPE:** Mud  
**ORIGIN:** I'm-not-coming-in foot stomp



**TYPE:** Steamed Spinach  
**ORIGIN:** "He started it"



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### SET!

Once you have downloaded the application, it will be located in your application folder. Simply open the application (called "Tag Reader"), and you're ready to snap!

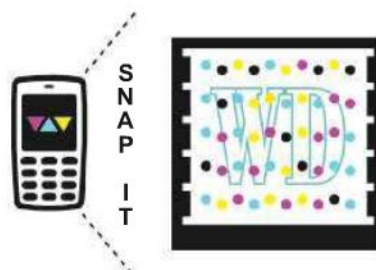
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Look for the WD Tag (example pictured to the right) on select advertising and editorial pages throughout this issue. Use your Tag Reader application to snap a picture of the WD Tag.

**DO NOT TAKE A PICTURE OF THE FULL PAGE. SNAP DIRECTLY ON THE WD TAG.**

### WIN!

Check out the following page for a guide to what's inside this Interactive Issue.



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Look for these great prizes and special offers throughout the issue!

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- **WIN TheTalkyOne Bluetooth speakerphone by novero.....page 54**
- **WIN Ole Henriksen Truth Serum Collagen Booster.....page 64**
- **WIN a Slimware Portion Plate set .....page 79**
- **WIN the *My Trainer Bob Inside Out Method* DVD series.....page 100**
- **WIN the OXO Good Grips V-Blade Mandoline Slicer.....page 126**

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NO PURCHASE NECESSARY. Entry period for WD Interactive Issue sweepstakes, with the exception of the “Smarty Chance” and “Toy Insider” Sweepstakes, starts at noon ET on October 12, 2010, and ends at noon ET on November 23, 2010. Sweepstakes open to legal residents of the 50 United States and Washington, D.C., 18 years of age and older. To enter by wireless device, first download, only once, the Microsoft Tag application onto your smartphone by either visiting <http://gettag.mobi> using your mobile Internet browser or sending a link to your mobile phone from the Microsoft Tag website at [www.microsoft.com/tag](http://www.microsoft.com/tag). Next, take a picture of the “WD Tag” on the pages mentioned above. Once you have properly taken a picture of the WD Tag, you will be sent to a mobile website with onscreen registration instructions that must be followed to enter. YOUR MOBILE ENTRY WILL NOT BE COMPLETE UNTIL YOU HAVE REGISTERED. Your carrier's standard Internet rates will apply. One entry per person or email address per day per sweepstakes. For rules and more details, and to enter online, visit [www.WomansDay.com/Interactive](http://www.WomansDay.com/Interactive). The “Smarty Chance” Sweepstakes opens on August 31, 2010, and ends on November 23, 2010. The “Toy Insider” Sweepstakes opens on October 12, 2010, and ends on December 10, 2010.



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# live well

## LISTEN UP

Although the ways we stay close to family and friends have changed (now, it's more like face-to-Facebook communication), our need for these relationships is as timeless as the tin can telephone. But distance—or a schedule as jam-packed as a teen's text message inbox—can get in the way. To help, this issue is filled with ways to keep in contact. Read on to get started.







## web ways to stay connected

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**GirlfriendCelebrations.com** Make your next girls' night a time to learn more about your pals. Register for the site's free Girtalk program and you'll receive monthly emails with discussion topics and questions to keep the conversation flowing. You'll finish with a themed “dare” to complete and talk about next month.



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## catch up, live longer

Staying close to others is as important to your health as exercising or not smoking, according to a recent review of 148 social relationship studies. Scientists found that people with stronger social connections were 50 percent more likely to survive the studies' follow-up period. “Having a sounding board curbs stress, and friends often encourage habits like eating right and going to the doctor,” explains researcher Julianne Holt-Lunstad, PhD. Talk about friends with benefits!

### MARRIAGE BOND

Get closer to your spouse with tips from Alisa Bowman, author of *Project: Happily Ever After*.

#### ● Have a connection routine.

Take a walk and chat about your day. Sharing little details makes it easier to discuss important stuff.

#### ● Turn annoyances into shared experiences.

“I used to call my husband's bicycle ‘the other woman,’” explains Alisa. “But taking an interest in his hobby gave us more to talk about.”

● **Write—don't fight.** Put your feelings down on paper first. It helps you think through your anger.

● **Give praise publicly.** “I update my Facebook status with nice things my husband's done for me,” she says. “It makes us feel like a team.”

## CONNECTING: THEN & NOW





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## family ties

A kin-do guide to researching roots:

### STEP 1: Interview relatives.

Get a snapshot of the era they lived in by asking targeted questions like "What did you collect as a child?", suggests Jennifer Worick, author of *Beyond the Family Tree*, which includes 1,000 sample questions.

### STEP 2: Set the records

**straight.** **FamilySearch.org**, a free genealogy organization, allows you to search census documents and marriage and death certificates.

### STEP 3: Check the National Archives.

Submit a relative's name to the Archives ([archives.gov/genealogy](http://archives.gov/genealogy)) and for \$75 you'll get copies of draft cards and pension applications filled with letters, testimonials and marriage licenses, says Jan Alpert, president of the National Genealogical Society.

**STEP 4: Hit the road.** Visit your relatives' hometowns to find wills and property records. Can't make it? Random Acts of Genealogical Kindness ([raogk.org](http://raogk.org)) has 4,000 volunteers willing to do the legwork for you; you just pay expenses like postage fees. *Brooke Nevils*

## TECH CONNECT

These cutting-edge gadgets are the future of connecting—no time machine required.

### HP Photosmart e-All-In-One Printer D110a:

This genius printer has its own email address, so once it's been set up, your friends and relatives can send you photos, recipes, coupons and more from their phone or laptop—and you'll have a high-quality printout almost instantly. It also copies and scans. (\$129.99; [hp.com](http://hp.com))



**Skype TV:** The computer-based video chat program is now available on select Panasonic Viera Cast and Samsung LED high-definition televisions. Dial using your remote and you're connected to fellow Skypers through software in the TV. The service is free when you purchase the television, but the cameras range from \$99.99 to \$169.95.



### Kodak EasyShare M590 Digital Camera:

Want to share a picture or video from your trip to the Caribbean the minute you get home? The M590 can transmit it directly to your Facebook, Flickr or YouTube account. It will even send the shots to a list of specified email addresses. (\$199.95; [kodak.com](http://kodak.com))

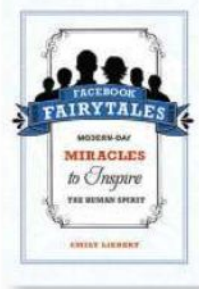


*Brian Barrett*

## online miracles

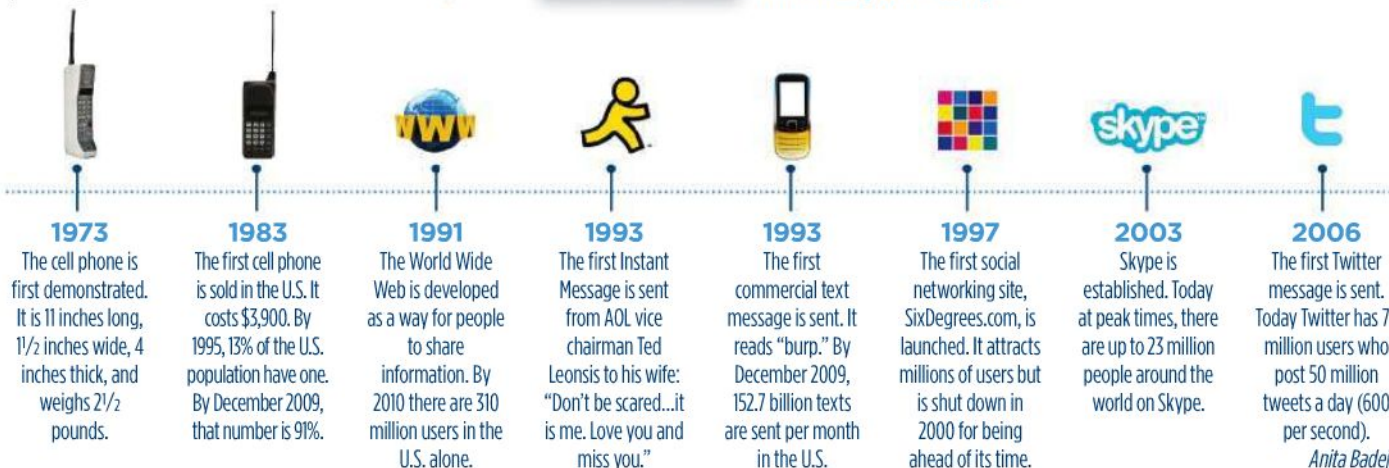
In *Facebook Fairytales*, author Emily Liebert offers 25 stories about the remarkable ways the social networking site has brought people together. Three standouts:

- **Beth Abramowitz, 36**, needed a kidney transplant to save her life. There were no family matches, so her friend Scott wrote a Facebook message explaining her situation. Enter Cathy Schroeder, 37—Scott's ex, who donated her kidney after reading his post.
- **Deb Balzer, 49**, and **Renee Butorovich, 47**, had given up on finding their half-sister Stacy Balzer after 35 painful years apart. But Stacy, 38, who knew she had two sisters somewhere, wasn't willing to quit. She found Deb on Facebook and the sisters reunited.



- At age 4, **Daniel Mulvaney** lost the ability to speak due to a rare disorder. His mother, **Barbara, 55**, worried he'd never connect with anyone. But in 2008, when he was 21, Barbara showed Daniel Facebook. The short text and photos of familiar faces have allowed him to communicate in a new way. *B.N.*

For more stories of how social media have changed lives, visit [womansday.com/change](http://womansday.com/change).



*Anita Badejo*





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# how connected are we?

In this age of email and texting, can electronic media keep you as close as a face-to-face chat?

by Sally Stich

**It used to be** that when you wanted to talk to your friend, you walked (or drove) over to her house, sat down and had a long chat, or maybe you gave her a call. Now, you're probably more likely to email her, go on Facebook or send a text. According to a 2009 survey by the Pew Research Center, 74 percent of women use email and 61 percent use the Internet on a typical day. Over 12 million women between the ages of 35 and 44 use Facebook—and the number of U.S. women users age 55 and older has grown a staggering 482.4 percent from February 2009 to January 2010, according to Inside Network's Inside Facebook Gold. Women, the gatekeepers of relationships, are now the mistresses of social media, but that raises the question: Are these digital connections with kids, parents, friends and colleagues as meaningful as the old-fashioned face-to-face kind? *(Please turn to 20)*

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## connecting 101

Deep human connections, say experts, aren't something that merely enhance our lives; they're a biological imperative. "The species simply could not survive without us recognizing our dependence on one another," says Kimberly Merenkov, MD, attending psychiatrist at Northwestern Memorial Hospital in Chicago. "Interdependence implies a value in what an individual needs as well as what the community needs. We can't live fully without direct human contact, nor can we live up to our talents if all we do is comply with the group. Connections with others develop our sensitivity to the human race as a whole," she says. So what draws us to create bonds with others?

At the heart of all deep relationships, says Gregory Jantz, PhD, a psychologist in Seattle, is attraction: to someone's friendliness, appearance, humor, values and even gratitude. (Interestingly, say experts, gratitude is one of the most attractive qualities of all because it is linked to joy—and joyous people tend to be magnetic.)

The attraction leads us to pursue the person in the first place, but time becomes the glue. "Deep relationships do not form instantaneously," says Jonathan Ellerby, PhD, author of *Inspiration Deficit Disorder*, a guide to overcoming stress habits and bad relationships. "They take time, which involves shared experiences (school, work, tough times, children) that lead to shared memories."

How often you spend time with someone is critical, since it's over time that you learn about and come to appreciate each other—your vulnerabilities and strengths, likes and dislikes. The goal: to accept and appreciate someone as is; to be accepted and appreciated as is.

Still, our connections serve an infinitely more personal purpose: to

## Y UR TEENS TXT



TEXTING PERVADES MY DAILY LIFE. As a 16-year-old, I send about 50 texts a day. In the morning, the first thing I do is text. Of my peers, there isn't a single person I know who does not use texting. It is a one-size-fits-all way to signal to a friend to wait at the bus stop, meet at the school cafeteria, hang out on the weekend or confirm a homework assignment. It's accessible and popular, available in my pocket or backpack any time—friends at my beck and call.

Typing with both thumbs on a 2-inch-wide keyboard,

my friends and I condense an entire relationship into 160 characters. Words are abbreviated: "OK" becomes "K," "school" is "skl" and "ROFL" stands for "rolling on the floor laughing." For us, texting has two purposes: to help friends connect and to introduce acquaintances.

The downside? The short length of a text message is often at odds with a teenager's complicated existence. Two of my friends, recently comparing their parents' punishments for staying out too late, grasped the gist through texting of what had happened, but couldn't really convey their misery until the next day when they met in person.

Here's the thing: While texting removes boundaries between friends, my friends and I feel it only enforces boundaries with our parents, who are beginning to become as dependent on texting as we are. It is not so much the act of texting itself, but how often they text that can be overwhelming. It feels like our parents are attempting to rein us in at all times and have another way to keep tabs on us. It erodes our relationship because it feels like they don't trust our judgment. Now that the texting phenomenon has been absorbed by our parents, it may soon have to be replaced by a new mania we teens can call our own. In the meantime, our message to parents: Connecting with your teen is a long-term process that a daily barrage of texts will not replace. We prefer face time and real conversations. *Elliott Rapaport*

know ourselves, who we are at our core, what we believe to be most important. "Through relationships, we learn that we are not the center of the universe, that we do not always get the responses we expect, that we can be there for someone else even when it's not convenient. We learn to deal with frustration, and we develop tolerance and the ability to love with

more acceptance of our differences," says Dr. Merenkov. These are not things you learn flying solo. What's more, studies show that people with a good support system tend to be less stressed, have lower blood pressure and age more healthfully.

The biggest benefit of connecting face-to-face, as you may imagine, is that you can reach *(Please turn to 22)*





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## HOW CONNECTED ARE WE?

CONTINUED out and touch the other person. "Research shows that touch offers less ambiguity than other ways of communicating emotions," says Jason Marsh, editor of the *Greater Good* magazine published by the University of California, Berkeley's Greater Good Science Center. Why? Because your brain recognizes the difference in message between words and touch. "Touch automatically tells the brain that you are not alone," says James Coan, PhD, a psychologist at the University of Virginia. "It conveys that someone is there to share the load." In-person interaction also gives you the ability to see visual cues, like your friend's facial expressions, and hear her tone of voice.

## the times, they are a-changin'

No matter how much we used to rely on face time to forge deep bonds, the

new reality is this: With working parents, geographic distance and ultracomplex lives the norm, social media can fill a void. And according to Jeff Hancock, PhD, director of graduate studies in the Department of Communications at Cornell University, it is effective. "Allowing people to stay in touch in so many ways can strengthen our ability to have close relationships," he says.

True, say other experts, but there are no studies yet that prove that connecting through electronic media will ever be a satisfactory replacement. "As humans we've adapted to interacting with each other person-to-person in order to survive," says Dr. Coan. "We've yet to study how we'll adapt to a life built mostly on electronic interaction."

What experts do agree on is that social media allow people who can't otherwise see a loved one on a regular basis to stay in contact.

Anna Klenman, 53, of Sherman Oaks, California, says social media have been a godsend for keeping up with her 28-year-old son, who is an actor in another city. "We are connected by Facebook, email and webcam," she says. The webcam even allows her son to test a scene on her, and she can give immediate feedback. "I know what he's up to and he knows what his mom thinks of his work," she says.

Others use electronic media for getting through rough patches. For Kara Jones, 39, of Vachon Island, Washington, a critical personal lesson—that she could survive the stillbirth of her son after a normal pregnancy—came from an online stranger-turned-friend. "Friends and family tried to help, but our relationships had changed in the face of grief," she says. "Most didn't know how to deal with the situation." A search on the Internet led Kara to an article written by a woman who'd been through a similar experience. The article was signed with an email address, so Kara took a chance and sent her a note. "Here was someone willing to go to the heart of the matter with me in as much or as little detail as I needed. There was no one in my immediate world who could connect with me on that level of grief and love." Eleven years later, the two are still friends.

Social media can also create new friends through shared interests. Online gaming brought together the Big Fish Babes, a group of nine women ages 50 to 65 who were part of Big Fish Games's *Mystery Case Files: Madame Fate* game forum three years ago. The women originally chatted about game tips, but when one of them mentioned something deeply personal about her marriage, it was as if the gates to intimacy opened. "We're an unlikely group, and we certainly never would have met had it not been for our shared interest in the game," says Big Fish Babe Lisa (Please turn to 24)



## VIRTUALLY CONNECTED

Decorating blogger Valorie Hart ([VisualVamp.blogspot.com](http://VisualVamp.blogspot.com)), second from left, recently got the chance to meet her three decorating blogger friends (left to right) Michele Ginnerty ([mynottinghill.blogspot.com](http://mynottinghill.blogspot.com)), Patricia van Essche ([pvedesign.blogspot.com](http://pvedesign.blogspot.com)) and Elizabeth Moyer ([prettypinktulips.com](http://prettypinktulips.com)) at the home of *Woman's Day* contributing editor Eddie Ross. "Meeting in person was the cherry on the sundae," she says. "It validated all the connecting we'd done in other ways."





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## HOW CONNECTED ARE WE?

CONTINUED Berry, 50, of Melbourne Beach, Florida. "But now we share pretty much everything—the good and the bad. I had an illness where the treatment was worse than the disease, and I don't know that I would have made it without these women and their support." The friendships remain deep and they "talk" daily.

Blogging can be another way to connect. A shared passion became the foundation of a cross-country

distorted, and words on a screen can be misinterpreted. But Dr. Hancock insists these are minor hurdles.

"Ultimately it's words, not gestures or tone, that force us to express ourselves thoughtfully and explicitly," he says. Marsh, however, disagrees: "So many cues go into conveying an emotional message. The more tools you have, the deeper the connection you can forge."

Another problem: Electronic interaction isn't always immediate or well focused. It can take days to

not connecting at all—or infrequently. The best forms of electronic media to strengthen your connection? Skype, webcams or smartphones, say experts. "Short of touch, you are able to experience all the cues the other person sends out," says Marsh.

Ask any grandparent whose grandkids live out of state and she'll probably agree. "There is such joy in being able to see our three grown kids and four grandkids in their own environment with a webcam," says Clare Bills, 59, of Ames, Iowa. "Our Kansas grandson showed us his four-foot-high roller coaster made of Lego bricks. We show the grandkids our puppy, whom they miss." Better yet, she adds, it's much easier to understand them when she can see them. On the phone, they often don't hold the receiver up to their face, and they don't know how to end a conversation, making closure awkward. Trendspotters report that smartphones, which offer a video component, will be our primary gadget for social connections in the coming years. "We could even have access to virtual touch," says Marsh.

Until then, there isn't a proven substitute for personal contact. Cases in point: Grieving mother Kara Jones and her online friend, as well as the Big Fish Babes and the four decorating bloggers, eventually felt compelled to meet in person, deepening their relationships. "No question, social media can enhance relationships," says Dr. Ellerby, "but ultimately, no amount of texting, blogging or Facebook is as satisfying as a walk in the park with a good friend." Why? Because it's simply our nature. **wd**

## The best forms of electronic media to strengthen connections: webcams and smartphones, say experts.

friendship among four women with decorating blogs. Though located in different parts of the country—two in the New York area, one in Washington, DC, and the other in New Orleans—they discovered one another's blogs, began commenting on each other's work and eventually became friends. "Because we're posting pictures of our homes, we really feel like we know one another—as though we could walk into one another's houses and already know our way around," says Valorie Hart, 61, a New Orleans-based stylist and writer of the blog **VisualVamp.blogspot.com**. "We're all different ages and come from different parts of the country, but the common bond of decor erased all cultural barriers."

Still, there's no denying the drawbacks of technological relationships—images can be

reply to an email, and everyone knows how easy it is to multitask—responding to a message while also talking on the phone or doing something else. Face to face, you'd never deliberately divert your focus. And there is such a thing as being *too* connected. "Being reachable 24/7 leaves little time for introspection or the chance to learn about yourself," says Marsh. It also can lead to a sense of self-importance, and can disrupt your ability to focus since you're constantly being interrupted.

### the future reality

Realistically, no one has the time to only interact face-to-face these days, nor do we need to, say experts. "Electronic media are a distinct means of connection, with their own place and value," says Dr. Jantz. And they're better than



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# the power of a letter

Taking pen to paper seems like a lost art, but often the most meaningful, life-altering words are the ones expressed in a handwritten letter. Simply opening the envelope and unfolding the pages fills us with excitement. And when the last words have been read, we can refold the pages and tuck them away for another day. Although the paper may yellow and the edges may fray, a letter will always be timeless. Here, three women share the letters that have touched their lives most.

## father knows best

A small gray box sits on the dresser in my bedroom. Inside is a collection of the most meaningful and valuable letters I have ever received. They're from my father, who died of a rare cancer in 1997. He wrote them to me and my two sisters, and while they may not have been penned on fancy stationery or in the finest print, they fill a hole inside me.

I was in second grade when my dad was diagnosed. He passed away about a year later. In that year, between trips to the hospital, rounds of chemo and multiple surgeries, my father somehow found the strength to sit down, pen in hand, and pass on his favorite memories and words of wisdom to his daughters.

He wrote about 25 letters in total—some of them addressed to all three of us, others to each of us individually. My mom held on to them until we were ready to read them. Sometimes my dad wrote about the simple moments: how Ali, the baby of our family, would toddle around the house yelling “Da-Da.” (“You say it in such a sweet and boastful way. It’s truly wonderful.”) The smile on 5-year-old McKenzie’s face when he bought her a ►



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small felt bear. (“You acted as if I’d hung the moon, all smiles and excitement.”) The way I drove the golf cart during our father-daughter weekend at the river. (“It took you about 6 holes to figure out where the brake pedal was!”)

But he also touched on the big issues. About drugs and alcohol he wrote, “People will like you for who you are, for the total you, not because you do drugs. The person who is cool and interesting without relying on drugs or alcohol to generate personality is the person people want to be around in the long run.”

When it came to sex and relationships he had a harder time, but he found the right words: “How does a dad write to a daughter about sex? First of all, it’s important to know that boys’ attitudes toward sex are fundamentally different from girls’. Boys think of sex much more as physical conquest. Sadly it is not until much later that boys will settle into a more caring pattern...and develop the maturity and loving nature that you possess already.”

And his advice about college and jobs is particularly relevant to me now, at age 21: “Always remember that just as a chain is only as strong as its weakest link, a person is only as strong as their weakest dimension. Push yourself.”

Thirteen years have passed since my dad died, and



Sabet Stroman and Ken Beaver with their daughters in 1996. Sloane Beaver (right) today with her sisters McKenzie (left) and Alexandra.



in that time so much growing has happened: McKenzie and I are in college, Ali has entered high school, and soon I’ll be looking for my first job. We’ve been on our first dates, we’ve won our first state championships and I’ve even fallen in love. My dad hasn’t been here, physically, at least, to give us a high five or a hug or even a lecture when necessary, but we all feel his presence because we have his letters. Sometimes, when I’m having second thoughts about a choice I’ve made, I reread them. His words guide and encourage me. His strength inspires me.

He ends many of his letters with “I love you with all of my heart,” and each time I read those words I am reminded of how much he really loved—and still loves—me, my sisters, my mom, his family and his friends. I know that even though I can’t see my dad, he is always at the edge of the soccer field or standing outside the door of a job interview, cheering me on.

*Sloane Beaver*



Sharon Duke Estroff in 1990 at age 23 (left) and now as a 43-year-old wife and mother of four children.

## “dear me...”

I was 32 and perpetually overwhelmed. A pregnant, working mother of two, I’d watched my days dissolve into a chaotic blur of diaper changes, business lunches and hour-long commutes. I knew the whirlwind of my daily grind was taking a toll, but I was too exhausted to change it.

“Try not to look so frazzled all the time,” my mother said one day as I dropped off my kids at her house. “And by the way, something came for you in the mail.” She handed me a faded envelope from Emory University, my alma mater. It seemed a lifetime had passed since I’d graduated. And it had been ►

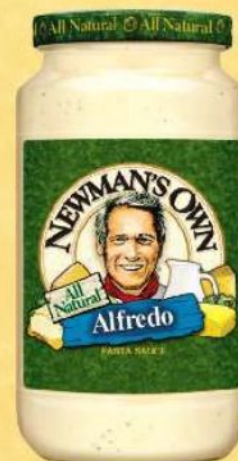


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years since I'd used my maiden name or lived at my parents' address. Annoyed yet curious, I put down my toddler and opened the letter.

*Dear Sharon,*

*How are you? Or should I say, how am I? My psychology professor asked our class to write a letter to our future self. He promised to mail it 10 years after graduation. So if you're reading this you must be 32. Yikes! That's old. College has been a blast. Four great years of learning, playing and partying (not necessarily in that order). I hope you're married with children and a job in either journalism or psychology. I'm not doing all this studying for nothing!*

*Love, Sharon*

My heart skipped a beat. Was I really being contacted by my past self? My memory of that assignment had been packed away with my textbooks and sorority sweatshirts. A decade later, the letter had arrived wholly unexpected and perfectly timed.

As I read the hopeful, buoyant words of a

22-year-old me, I suddenly saw my world in a crisp, clean light. Everything I'd wished for at college graduation had become a reality. But in my current overwhelmed state, I was unable to fully embrace my blessings. My past, present and future selves all deserved better. I knew then that I had to bring more balance to my life.

So within six months of the letter's arrival, my husband, kids and I moved to a new home. It was smaller than our previous one, but it cut my commute to a fraction of what it had been. I also decided to scale down my work hours to part time—something I didn't have the courage to do before—and allowed myself to breathe.

This past April, I turned 43. I blew out the candles on my cake, put my four kids to bed, and sat down to write a letter to the future me in a journal—just as I have on every birthday since my 32nd. Anytime I need an emotional pick-me-up, I reread a few of them. I can't think of a better gift to give myself each year.

*Sharon Duke Estroff*



## seeing the real me

When I was a high school senior, I went on a camping trip with my class. On the last night, a tall, rugged boy in a special program at the camp sat next to me by the fire. I was sure he was angling for an introduction to my beautiful blonde friend Barbara. He was so handsome. Nothing like me, a plain, gangly, insecure girl with frizzy hair. Nobody that good-looking would deign to talk to me. But Tom stayed, even after Barbara went to her tent, and we talked until the campfire died out. He told me he was in a wilderness program for troubled kids. And I told him about my straight-A, good-girl life. When we said goodbye, he asked for my address—to keep in touch, he said, since we lived so far apart. But still, I suspected an ulterior motive.

A week later his letter came. He wrote of how much he'd enjoyed talking to me. I wrote him back, and in his next letter he asked for a photo to remember how pretty I was. *Pretty? He must be thinking of somebody else*, I thought. *Surely it couldn't be me?* I took a chance and sent him a picture. In his next letter he told me that I was even prettier than he'd recalled. I looked at those words over and over. And the more I read them, the more I began to believe they could be true. When I left for college a month later, I no longer felt like the ugly girl with the pretty friend. I felt like the pretty one.



Leslie Pepper at age 17 in her 1984 high school senior picture (left), and today at age 44, a married mom of three.

Tom and I lost touch soon after that, but 25 years later, I still have his letters. Every once in a while I'll reread them, and whenever I do I'm reminded of how much he changed my entire perception of myself. That summer, for the first time in my life, a handsome boy chose me. He thought I was beautiful. And I am.

*Leslie Pepper*



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That's why we'd like you to know about the Cymbalta Promise program, designed to help you get started on Cymbalta. Try Cymbalta for up to 60 days. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment.

Talk to your doctor about Cymbalta and the Cymbalta Promise program.

To learn more about the Cymbalta Promise program and to enroll, visit our website at [www.cymbaltapromise.com](http://www.cymbaltapromise.com) or call 1-877-CYMBALTA.

### Cymbalta is approved for the treatment of depression.



Partnership for  
Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit [www.pparx.org](http://www.pparx.org) or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

### Important Safety Information About Cymbalta

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

### Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- Have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- Have uncontrolled narrow-angle glaucoma (increased eye pressure)

### Talk with your healthcare provider:

- About all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported





Introducing the Cymbalta Promise program.



Try Cymbalta for up to 60 days.  
If you're not satisfied, you'll get your money back.

Talk to your doctor and visit [www.cymbaltapromise.com](http://www.cymbaltapromise.com).

Restrictions apply; see terms and conditions below.

#### Important Safety Information (continued)

- About your alcohol use
- About all your medicines, including those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- If you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- Before stopping Cymbalta or changing your dose
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta
- If you are pregnant or plan to become pregnant during therapy, or are breast-feeding

#### Most common side effects of Cymbalta (this is not a complete list):

- Nausea, dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness

#### Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

#### See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

**Terms and Conditions:** Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of \$700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.





# Information For Patients About Cymbalta

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

**Warning:** In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

## What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

## Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

## What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual

changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

## What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

## What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, and fibromyalgia), the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness.

**This is not a complete list of side effects.**

See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at [www.cymbalta.com](http://www.cymbalta.com). Talk to your healthcare provider if you have questions or develop any side effects.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

## What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

## How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

## General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist. Additional information can be found at [www.cymbalta.com](http://www.cymbalta.com).

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## HAPPINESS PROJECTER DEB WOLF'S 5 MOOD BOOSTERS

I'm grateful for so many things in my life, but I'll admit that sometimes I get stuck in negative thinking. Fortunately, I've found a few ways to snap myself out of it.



**1. Pause** Quieting myself and focusing on some small task, like listening to a song I love—in effect, pushing the Pause button—helps me let go of negative feelings. By the time I'm done, my mind has moved on to more pleasant thoughts.

**2. Appreciate** I take a moment to run through my list of blessings: my husband, my children, my good friends and my grandkids. It puts everything into perspective.

**3. Write** When I'm upset or angry I occasionally write about it to clarify my thinking. I just make sure to shred anything I want to keep personal.

**4. Play** It's impossible for me to stay in a bad mood when I'm playing with my dog, Chloe. She always makes me laugh.

**5. Pray** At times, I need to call on a more powerful source. That's when I rely on my faith and prayer. Trusting that God is greater than any problem I'm facing is reason enough for me to be positive.

# happy days!

We've put out the challenge to all of you.

It's time to get happy! Join us in this yearlong project, started by Gretchen Rubin, author of *The Happiness Project*.

## THIS MONTH'S CHALLENGE

# ATTITUDE

A few weeks ago, when I complained to my sister about having to take my daughters to the pediatrician, she said, "Try reframing your thoughts. Isn't that supposed to make you happier?" Well, yes. But the idea of making an unpleasant activity seem pleasant simply by changing the way you think about it sounded ridiculous. Nevertheless, I decided to give it a try—and it works!

I've always dreaded pediatrician appointments. My girls whine and complain and seem to need shots every time. But when I thought about it differently, telling myself, *I love taking the girls to the doctor*, my attitude changed. I realized that I *want* to do this job. I want to be the one to hear what the doctor says. I want to be the one to ask questions. I want to be the one to give the post-shot lollipop and kisses. I'm lucky that I get to do these things.

I tried the same strategy with making the bed—a daily chore I could do without. Now, instead of thinking, *What a drag*, I tell myself, *I love doing this*. Why? Because one minute's effort makes my whole bedroom more orderly and peaceful. What a positive way to start my day.

Obviously, reframing doesn't work in all situations—having a positive attitude about getting a root canal is beyond my powers. But I've been surprised by how often it actually does make a difference. Give it a try. Maybe you'll discover a love for carpool duty. *Gretchen Rubin*

## BECOME A HAPPINESS PROJECTOR

Once a month, check out the magazine for Gretchen's words of wisdom and updates on some of the people following her plan. Who knows? Maybe you'll be the next one featured!

Go online to [womansday.com/happiness](http://womansday.com/happiness) to meet other Projectors and get more feel-good resources.

Follow us on Twitter at [twitter.com/womansday](http://twitter.com/womansday) for a daily dose of happiness.

Check out [facebook.com/womansdaymagazine](http://facebook.com/womansdaymagazine) for support from other WD Facebook fans.

Listen to RadioWD at [womansday.com/radiowd](http://womansday.com/radiowd) for shows on living well every day.

Pick up Gretchen's book, *The Happiness Project* (\$25.99; Harper), for more of her story.

Everyone can always be happier, right? Join us in this initiative to work on a great project: you!



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# holidays made easy

your 10-week plan for doing it all by Arianne Cohen

**Remember last year's holidays?** Mine included lots of family fun...and the grocery store manager personally escorting me to the checkout 10 minutes after the store closed on the night before Thanksgiving. I also didn't have a present on Christmas for my sister, who really likes presents on Christmas. Whoops.

Holiday prep is a bit like running a miniature army: lots of planning, purchasing, feeding, cleaning, organizing and strategically avoiding confrontations. And would any smart general ever cram all of these duties into the four days around Thanksgiving and Christmas? Nope. In the pages ahead, you'll find a weekly calendar of everything you need to do between now and Christmas, broken down into manageable steps.

Schedule each week's tasks in your calendar as an appointment with yourself, then check them off as you complete them. You can also subscribe to our Organizing & Decorating newsletter ([womansday.com/newsletters](http://womansday.com/newsletters)) to receive weekly holiday planning checklists.





## OCTOBER

## WEEK 10

## master planning

**evaluate** The first step to sanity? Figuring out what you want. Sit down and write out the answers to two questions: **1.** What is your goal for this holiday season? Connecting with your friends by hosting a couple of great gatherings? Spending time with your kids? Having a goal will help you focus the planning. **2.** What *don't* you want to do this year? "Think back to last year," says Cynthia Ewer, founder of Organized Christmas ([christmas.organizedhome.com](http://christmas.organizedhome.com)). "If you were up until midnight on Christmas Eve wrapping gifts and were miserable, that's a big indicator."

**establish a holiday calendar** Sit down with your planner and schedule *all* your November and December activities, including: Thanksgiving dinner, Christmas dinner, any holiday-weekend and family events, upcoming parties, travel days, vacation schedules, family activities you'd like to do (shop for a tree, for example), and a weekly "you" activity (a coffee date with the girls or a mani/pedi). When in doubt, plan free days around traveling and hosting. When you're done, look it over and delete the events you're not totally committed to.

Worried about money? Consider celebrating before or after the holiday, when travel costs are lower.

**budget** Choose your "Holiday Number"—the amount of money that can safely disappear from your bank account by January 1. "This is the time to confront the things that can sap joy from your holidays—namely, overspending," says Ewer. Write out how much you would like to spend in eight categories:

- Decorations and tree
- Parties
- Travel (gas, hotel, airplane, food on the road)
- Gifts and gift wrap
- Thanksgiving and Christmas meals
- Holiday baking
- Holiday childcare and activities
- Family trips or activities

Assume that things will cost 20 percent more than you've planned. If you're over budget, choose one category to cut heavily. "Look at ways you can save money on things that are less important to you," says financial journalist Laura Rowley, who writes a column on money and happiness on Yahoo! Finance. Transfer the budgeted amount into a "holiday account"—or transfer, say, \$100 per week until you reach the total. To help stick to the budget, use cash for everything.

**map out a workout** Set an exercise goal for the next two months to avoid packing on the pounds.

## WEEK 9

## people &amp; food details



**plan the menu** Decide what you want to serve at all holiday meals or parties that you'll be hosting, including Thanksgiving and Christmas meals:

- Appetizers and hors d'oeuvres
- Side dishes
- Breads and biscuits
- Main courses
- Desserts
- Drinks (alcoholic and non-)

Then list all the baked goods you want to make in the next 8 weeks: cookies, bars and desserts.

**now simplify** Less is more—one good dish in each category is often plenty. And you can serve some of the same items at both holiday meals. Most pies, rolls and pastas, for instance, freeze and reheat well. "You want to do as little last-minute cooking as possible," says Diane Rossen Worthington, author of *Seriously Simple Holidays*. So opt for dishes that can be made and frozen ahead of time, like casseroles, or dishes that can be made a few days before the meal and refrigerated, like cranberry sauce. Include ingredients you can buy premade, like pestos, compotes and salsas, whenever you can. Finally, list your dishes in the order in which they must be cooked: Far Ahead, 3 Days Before Holiday, and Day of Holiday.

**plan serving pieces** Great food is useless if you have nothing to serve it in. Map out how you'll serve (buffet or sit-down?) and which platter you'll be serving each dish on. If you need to buy or borrow, arrange it.

**make food shopping lists** Convert your menu into four shopping lists: a Far-Ahead Shopping List, a 3-Days-Before-Thanksgiving List, a Christmas Pre-Party list if you're hosting a party, and a December 22nd List. Try using [ZipList.com](http://ZipList.com), which lets you keep an online shopping list linked with your phone and your family's phones. ZipList understands abbreviations ("2 lg turkeys"), and also lets you search recipes and add ingredients to your list.

**invite your guests** Now's the time to let people know if you're having them over. "The further ahead you invite people, the more opportunity they have to attend," says Pamela Eyring, president and director of the Protocol School of Washington.





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you can eat what you want.

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## NOVEMBER

## WEEK 8

## gifts week

**create gift central**

"Carve out a spot off the beaten path to create a holiday wrapping center, so all of your wrapping tools are in one place," says Ellen Kosloff, a certified professional organizer in Carmel, New York. Look at the wrapping supplies you have and note what you need on your shopping list for this week.

Ready to buy but don't quite have the funds? Try [lay-away.com](http://lay-away.com) or [elayaway.com](http://elayaway.com), which let you pay in weekly installments for online purchases.

**make a recipient list** Write down everyone you need to give gifts to, and how much you'd like to spend. "I have an Excel spreadsheet dating back to 1996," says Kosloff. "It saves me so much time remembering what I gave and spent, and whom I need to give to."

**make a gift list** "Ask yourself what each person values, then focus on that," says Robyn Freedman Spizman, author of *The Giftnary*. For inspiration, visit her website, [TheGiftnary.com](http://TheGiftnary.com), a collection of ideas. When you're finished and over budget, go back and see whom you might give handmade gifts or baked goods, or offer a service like a free babysitting coupon. Remember, it's about being grateful, not buying stuff.

**click and buy gifts** Go through your list, highlight all the gifts you can buy online and order them. Compare prices at [bing.com/shopping](http://bing.com/shopping). Your strategy: Stick to the items on your list, and group your purchases so you order from only two or three of the large retailers that offer free shipping after you spend a certain amount. Before you buy, search [DealNews.com](http://DealNews.com) and [FatWallet.com](http://FatWallet.com) for coupons or discounts on the specific items you've found. Online shopping is much more efficient because you'll stick to your budget (you'll buy the \$40 chef's knife for your friend, not the pretty \$110 one at the store).

**hit the stores** Map out where you need to go to get the remaining items on your list (art fairs, the mall), grab your list and go. "Research shows that people who shop with a list spend less," says Rowley. If you want to save time, shop solo—you'll get it done faster.

**wrap!** Try to wrap right away when you get home from the store. If you can't, schedule two hours of dedicated wrapping time. Make sure to put Post-its, gift tags or pretty labels on the presents, so you can remember what's what!

## WEEK 7

## food week

**cut coupons** Grab the Sunday paper and weekly circulars, and look for coupons for your holiday meals and party menus. Tweak your menu based on the coupons and sales you find. If you were planning on ham but turkey's half-price, consider a swap!

**shop the far-ahead list** Grab the Far-Ahead Shopping List you made in Week 9 and hit the grocery store. This is a great week to go shopping because manufacturers start to deeply cut prices on traditional fare, a trend that will continue through Christmas. "There's nothing cheaper than turkey as far as meat goes," says Terri Gault, CEO and founder of [TheGroceryGame.com](http://TheGroceryGame.com). "On sale and with a coupon, you're looking at \$5 for a 20-pound bird. Get two and freeze one: They last 6 months."

If you're highly organized and don't mind making a little more work for yourself, you'll get extra savings, says Gault, if you pick up only the list items you have coupons for and are on sale. Then do this on every regular shopping trip between now and Christmas.

**bake** Now's the time for your holiday baking bonanza.

"I bake all the cookies in one day, and freeze most of them

without decorating," says Gault.

"Those that we don't decorate right away, we let guests decorate at holiday meals." Now's also the time to make

pies, rolls and many breads. Most baked goods—cakes, breads, pies, muffins, cookies—freeze just fine. The exceptions: meringues, crumb toppings and baked goods that include large pieces of fruit or dairy filling (so avoid profiteroles). Cheesecake freezes well, and cookie dough can usually be frozen for anywhere from 6 weeks to 3 months.

**cook** Prepare side dishes for both the Thanksgiving and Christmas meals. Make anything that can be frozen, which is pretty much everything except fresh greens: quiches, lasagnas, rolls, turkey, yams (pre-mashed), ham. "You can even go ahead and chop up celery and onions, and freeze them," says Gault. The night before the meal, move everything to the refrigerator, then lightly drizzle with oil and bake in the oven, so the guests won't even know the difference. This is the secret of restaurants everywhere—a large portion of the food on your plate was recently frozen.





## WEEK 6

# housecare

**declutter** “The first part of cleaning is the purge,” says Essie Powell, owner of A-1 Cleaning Extraordinaire in Atlanta. Go room-by-room and toss, recycle, donate or put away everything that doesn’t need to be there, including magazines, toys and knickknacks.

**clean** Schedule two 2-hour cleaning sessions this week, one for the living areas and one for the bedrooms. Deep-clean like your life depends on it: Clean windows, vacuum mattresses, wash every washable linen in sight. If time is short, consider the \$70 to \$130 investment in having a local maid service visit. Having others clean your house is a special kind of heaven.

**prep for guests** Organize linens (sheets, towels, washcloths) for each guest from now through Christmas. Lie down on the guest bed, turn off the lights, and make sure the room is quiet, dark and comfortable, and has an alarm clock. Then, the most important step: Call each guest, ask about any special needs (food allergies?) and go through the plans. Setting expectations is key—this is the moment you’ll discover that they think you’re accompanying them everywhere, or that they’re planning to bring their 120-pound drooling dog. (“Oh, fantastic! I have the number for a well-regarded kennel nearby.”)

## WEEK 5

# thanksgiving!

**monday: speed-shop** With your 3-Days-Before-Thanksgiving Shopping List, hit the aisles.

**tuesday: go on a cooking bonanza** Prepare all remaining foods. “The goal is to do as little cooking as possible on Thursday,” says Worthington. “Really, it should just be the turkey and a few sides.”

**tidy & set** Set the table, putting marked Post-its on each serving dish so you remember what it’ll hold, and do any last-minute tidying around the house, spot-cleaning the bathrooms, entryway and living room. Do it all today, so tomorrow is smooth sailing.

**wednesday: defrost** Move all the foods that you cleverly prepared in Week 7 from the freezer to the fridge. (Except for rolls, biscuits or breads that you made earlier and froze: Tomorrow you can just put them on a baking sheet, brush on a little butter and pop them in the oven.)

**thursday: enjoy!** It’s a holiday. Just remember: Your guests are going to remember the way they felt at your meal or party, not whether the napkins matched the tablecloth.



## GET AHEAD OF THE TOY TRENDS

Not sure whether your kids or grandkids are still into Silly Bandz? Or was it Uglydolls? Instead of asking harried salesclerks or browsing the Web, go to **womansday.com/toys** to check out *The Toy Insider*, a consumer guide for parents that features 120 of the best toys for kids of all ages. “I try to make it easier to make kids happy without breaking the bank,” says *Toy Insider* copublisher Laurie Schacht, a mother of three who compiles the annual list. To get you started, here are *The Toy Insider*’s picks for the 20 hottest toys of 2010:

### AGES 0-2

**Explore ’N Grow Musical Gear Center** by Playskool

**Fly with Elmo Ride-on** by Tek Nek Toys

**Hide-and-Seek Jojo Interactive Bunny** by Silverlit Toys

**Little People Wheelies Stand ’N Play Rampway** by Fisher-Price

### AGES 3-5

**FurReal Friends GoGo My Walkin’ Pup** by Hasbro

**Hexbug Nano Habitat Set** by Innovation First

**Sing-A-Ma-Jigs** by Mattel

**Thomas & Friends: Adventures on Misty Island** by Mega Bloks

**V.Reader Animated E-Book System** by VTech

**Zoobles Razoo’s Treehouse Playset** by Spin Master

### AGES 6-8

**Disney Princess & Me Dolls** by Jakks Pacific

**Loopz** by Mattel

**Perplexus** by PlaSmart

**Scene It? Disney Magical Moments** by Screenlife

**Spy Net Secret Mission Video Watch** by Jakks Pacific

**Toy Story 3 Blast-Off Buzz Lightyear** by Thinkway Toys

### AGES 9+

**Air Hogs R/C Hawk Eye Video Camera Helicopter** by Spin Master

**Glee CD Board Game** by Cardinal Industries

**Paper Jamz** by WowWee

**Sharper Image U-Video Camera** by MerchSource



## WIN TONS OF TOYS!

Four winners will receive \$100 worth of the hottest toys—and one grand-prize winner will receive \$1,000 worth—from *The Toy Insider*. Snap on the tag for more information and to enter.



# DECEMBER

## WEEK 4

### “you” week

**chill out** After a job well done, you deserve an easy week. Get a massage or schedule a relaxing activity just for you. Take care of any health appointments that have been piling up.

**evaluate** Not exercising enough? Not getting enough sleep? Look at your schedule and map out how you can take better care of yourself this month.

**check RSVPs** Haven't heard back from holiday party guests? Check in with them.

**order and send holiday cards** If you love the tradition of holiday cards, buy or order them now, and don't delay sending them out. **Shutterfly.com** offers personalized holiday cards for \$1.29 to \$2 per card—and for an extra dollar each, will address and mail them for you; simply upload your address book. Genius.

## WEEK 3

### nuts-and-bolts week

**decorate!** Getting a tree? Hanging streamers? Do it now. “I like natural decorations—boughs, berries—because they're biodegradable and you can often recycle them,” says organizing expert Vicki Norris, president of Restoring Order in Sherwood, Oregon.

**buy any last-minute gifts** Forget someone? By the end of today, you should have all your gifts wrapped and/or addressed.

**mail gifts** Hit the post office first thing in the morning and send out all your gifts.

**clean house** Schedule two 90-minute top-to-bottom cleaning sessions this week, following one rule: Just keep moving! Perfection is not the point; overall cleanliness in the rooms that guests will see is. (You're a host, not a home tour guide.)

## SPIKE THINKS HIS STUFF DOESN'T STINK.





## WEEK 2

## party week!

If you're hosting a holiday party or brunch, this is the week. If not, relax!

**compile music** Make a CD or MP3 list to play.

**tidy up** Pretend you're a guest and walk from the street into your home, and use the bathroom. Clean and straighten accordingly.

**set up the furniture** Two days before the party, set up the buffet, silverware and furniture.

**do pre-party shopping** With your Pre-Party Shopping List, head to the store. Stick to your list (unless you find sale items you can easily swap into your menu). Warning: This is a key moment for overspending. Don't give in to fancy hors d'oeuvres!

**cook** The day before the party, hit the kitchen.



## WEEK 1

## Christmas week

**wrap baked goods** Defrost the baked goods and doughs you froze weeks ago and frost any cookies. Wrap baked goods for friends and family.

**december 22: shop** You know the drill: Grab your December 22nd Shopping List, and buy anything you've got left on your Christmas Day menu.

**december 23: tidy and set** Set the table for the holiday meal, with Post-its on each platter indicating the dish to be placed in it. Spot-clean the entryway, living room and kitchen.

**Christmas Eve day: defrost** Pull out all the gourmet delights you froze in Week 7 and put them in the refrigerator.

**Christmas: cook** Pop that roast in the oven and pat yourself on the back. *Voilà*: a sane holiday! **wd**

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# cut your **cell phone bill** and more

by Mary Hunt

## **We've all been there:**

You sign up for a phone plan, cable package or Internet service thinking you're getting a rock-bottom price. Then the bill shows up filled with mysterious charges and an eye-popping sum. It's enough to make you pull out your hair! But before you yank the plug on the service (not to mention your hair), take these steps to get back in control.

## **CELL PHONE**

**get reviewed.** The plan you chose at the beginning of your contract may be totally wrong for you now: You may not use all the minutes you have or you may need to send more text messages than you're allowed. Thankfully, you're not stuck with your plan. Call your provider's customer service department and ask a rep to review your usage and recommend changes that will lower your costs, or visit the provider's website and do an assessment on your own. "Our goal is to make sure customers get the service that meets their needs," says Bill Kula, spokesman for Verizon. "We're happy to allow a customer under contract to downgrade midstream to a less costly plan."

**pick minutes wisely.** According to the FCC, 1 in 6 U.S. mobile-phone customers have received unexpected cell phone charges—

some of \$100 or more—and their mobile carrier did not contact them when they were about to exceed their allotted minutes, text messages or data downloads. Carriers aren't obligated to contact you when you're about to go over, so it's up to you to monitor your usage. To be safe, when choosing a calling plan, buy 10 to 15 percent more minutes than you think you need, says Allan Keiter, president of **MyRatePlan.com**, a website that helps consumers make informed purchase decisions about household services. "This will act as insurance against going over your minutes and spending more."

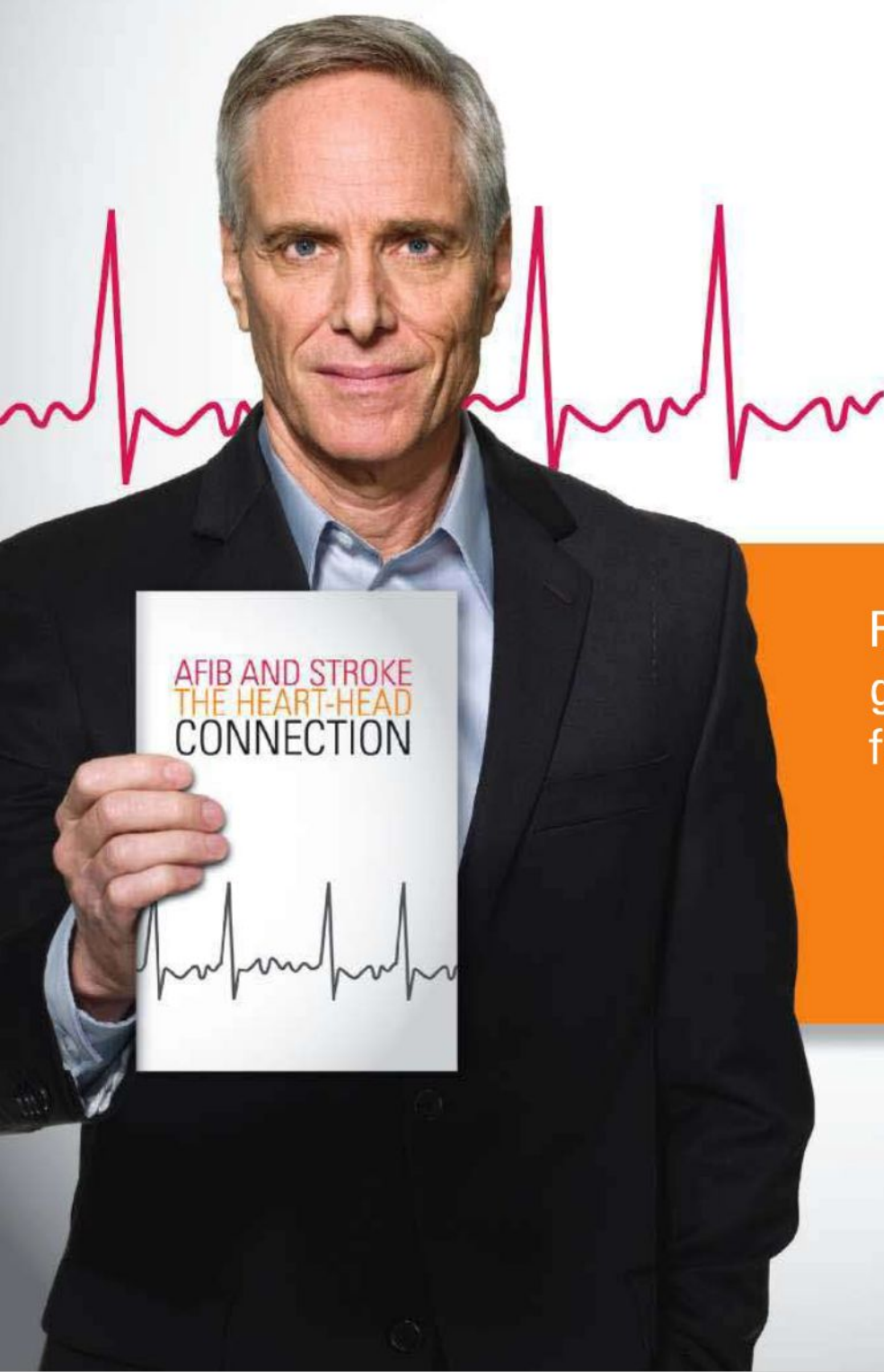
**plan your texting.** Some plans charge as much as 25¢ per text—and that applies to messages you send as well as those you receive. Even if you don't text much, your teen probably does: American teens each send a mind-boggling 2,779 text messages per month, according (*Please turn to 50*)



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## CUT YOUR CELL PHONE BILL

CONTINUED to The Nielsen Company. The best thing to do is add a text-messaging bundle to your calling plan. For example, Sprint currently offers 300 text messages for \$5 a month per phone, 1,000

**stick with friends.** Many carriers offer free unlimited in-network calling, meaning you won't use any of your minutes when talking to people in your network. So if you use the same provider as most of your friends and family,

## 8 out of 10 people are overpaying for their cell phone service.

Source: BillShrink.com

messages for \$10 or unlimited text messaging for \$20. Verizon offers unlimited text messaging to other users within its network plus 500 additional messages to other carriers for \$10 a month per phone, and 5,000 messages for \$20 a month. Paying \$100 a year or so for enough text messages is a lot cheaper than being charged \$25 or more a month for going over your allotted texts.

you'll save by buying a calling plan with fewer minutes.

**use alternatives.** Instead of using up your cell plan minutes while at home, sign up with a free service like Skype ([skype.com](http://skype.com)), which allows you to make video and voice calls from your computer. Both parties can sign up for Skype for free, though if your computer doesn't have a built-in camera, microphone and

speakers, you'll need to buy them for around \$40. Or use Google Voice ([google.com/voice](http://google.com/voice)), which allows you to call or text anywhere in the U.S. for free, using your computer's speakers and keyboard.

### consider prepaid phones.

A prepaid plan allows you to pay up front, with no contracts, no credit check and no monthly bills. You buy a prepaid plan phone (TracFone offers a nice selection from \$9.99 to \$29.99; [TracFone.com](http://TracFone.com)) and minutes at the same time. (Minutes usually cost 5¢ to 25¢ each.) As you talk and text, you can see on your phone's screen how much time you have left. When time runs out, the phone stops working. If you're a light cell phone user (300 or fewer minutes monthly), a prepaid plan could significantly lower your costs, says Keiter: "Consider a 100-minute-per-month user. A 10¢-per-minute

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prepaid plan would cost \$10 per month vs. the \$40-per-month minimum required by the contract plans of most major providers.” All of the major carriers now offer prepaid phones and airtime, so check their websites or stores. Know, however, that there are some drawbacks: Airtime minutes on a prepaid phone expire, in terms ranging from 30

days to one year, so try to buy only what you will need. **ask an expert.** With so many wireless carriers, hundreds of different phones and as many varied calling plans, it’s hard to compare them and make an intelligent choice. But BillShrink ([BillShrink.com](http://BillShrink.com)) and Validas ([MyValidas.com](http://MyValidas.com)) do just that. With BillShrink, which

is free, enter specific information about your current plan and usage, and the site recommends the plan(s) that will meet your needs for the lowest cost. Validas charges \$5 for analysis, but you can upload your actual phone bill and their program will automatically do the analysis of your usage and potential savings. *(Please turn to 52)*

**The following recommendations from Allan Keiter, president of [MyRatePlan.com](http://MyRatePlan.com), are for prepaid mobile phones for light users that have low-value refill cards with long periods before expiration.**

Carrier	Number of Airtime Minutes	Cost	Card Expiration (Months)	Cost per Month
AT&T	Up to 400 (Simple Plan)	\$100	12	\$8.33
TracFone	Up to 60	\$19.99	3	\$6.67
T-Mobile	Up to 1,000	\$100	12	\$8.33
T-Mobile	Up to 130	\$25	3	\$8.33

Source: [MyRatePlan.com](http://MyRatePlan.com)

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## live well money

### LANDLINE PHONES

**go basic.** Now that nearly every home in America has at least one cell phone, almost a quarter of U.S. households have dropped their landline phones, according to a 2009 survey by the Centers for Disease Control and Prevention. The risk: When you dial 911 from a landline, emergency operators can easily pinpoint your location. So far, that hasn't been the case with cell phones, though the FCC is implementing regulations for carriers to try to improve this issue. Until it's resolved, consider cutting back your landline service to local only, including 911 and toll-free calls, and using your cell phone for long-distance calling. Most phone companies don't advertise this level of service to landline customers, but it is available for less than \$20 a month.

**use phone cards.** As long as you have a dial tone, even if you have only basic service, you can make long-distance calls with a prepaid phone card. Phone cards allow you to dial long distance from any phone, even your mobile, via a toll-free number on the back of the card.

Costco offers a good deal on its \$19.99 Verizon 700-minute card (that's just 2.86¢ per minute for calls within the U.S., Puerto Rico and U.S. territories).

Two things to keep in mind: If you call from your cell phone, you will be charged the card's per-minute rates plus your cell phone provider's airtime charges. Also, calling from a pay phone uses up the minutes faster than calling from a traditional landline because it assesses a surcharge of about 95¢ (that's 33 minutes off your card before you've even spoken).

**go digital.** Cable television providers and some other companies offer home phone service that uses broadband connections. (You use your phone the same way as always, so you won't even know the difference.) While it's not exactly the same as a landline connection in terms of getting in touch with 911 in an emergency, you can register your address with the company, which then passes on your location information to 911 operators to keep in their system.

As the competition heats up, digital phone service is getting cheaper: Companies that used to charge an average of \$40 a month are now offering limited-time deals for around \$20 a month, which often includes unlimited long-distance calling, call forwarding, caller ID and even voicemail. One downside: If your broadband connection goes down, so does your phone service.

**e-call.** If you have a broadband connection and a computer, you can use VoIP (voice over *(Please turn to 54)*

#### WHAT THE AVERAGE HOUSEHOLD PAYS TO BE CONNECTED

Connection	Nat'l Average (Monthly)	Nat'l Average (Annually)
Television cable/satellite	\$61	\$732
Phone service	\$33	\$396
Internet	\$40	\$480
Wireless (mobile) phone	\$108	\$1,296
<b>TOTALS</b>	<b>\$242</b>	<b>\$2,904</b>

Sources: WhiteFenceIndex.com and BillShrink.com





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## CUT YOUR CELL PHONE BILL

**CONTINUED** Internet protocol). Some providers to try: Skype allows you to make unlimited calls from your computer to landlines and mobile phones in the U.S. and Canada for \$2.99 a month (you'll need to buy a Skype-enabled phone or a microphone and speakers if your computer doesn't have them). Another service is iCall ([icall.com](http://icall.com)), which uses your existing high-speed Internet connection and your PC with Windows 2000, XP or Vista to make calls; it costs \$9.95 per month. Vonage ([vonage.com](http://vonage.com)) lets you use your existing home phone for Internet calling via an adapter that plugs into your high-speed modem. Unlimited calling to 60 countries runs around \$26 per month.

## CABLE/ SATELLITE TV

**negotiate.** As with cell phone service providers, cable and satellite companies are feeling the pinch to retain customers, so this is a good time to haggle. First check around to see what the competition will offer you to switch to its service. Then call your current provider and say you're thinking about making the move unless it can beat the low offer you've received. G.E. Miller, who writes the finance blog [20somethingFinance.com](http://20somethingFinance.com), did this recently and Comcast cut his bill by 33 percent without flinching, he says.

**take it down a notch.** Do you really need 500 channels? Probably not. And you could probably do just fine without all of those premium channels. So why pay for them?

Time Warner Cable Los Angeles, for example, offers cable TV with 28 basic channels for about \$20 a month. By contrast, the company's top-tier digital cable package: around \$100 to \$120 a month.

**give it up.** The WhiteFence Index, which tracks the cost of utilities in 21 U.S. cities, reports that the average household cable TV bill is currently \$61 per month. That's \$61 more you could have in your pocket by cutting cable. And, as archaic as it may seem, it is possible to live without pay television. I've heard from countless readers who report that getting rid of cable has changed life at home for the better because they read more books and spend more time playing outdoors. Plus, if you have a computer and high-speed Internet connection, you can watch all kinds of movie and television shows on sites like [Hulu.com](http://Hulu.com).

**get bundled.** Bundling your landline, TV, Internet connection and cell phone into a single plan with a flat monthly rate used to require a commitment to a one- or two-year contract. But both of the major players, AT&T and Verizon, are now offering month-to-month pricing for bundles. Often the flat rate is cheaper, sometimes by hundreds of dollars, than paying separately for all your services. But you really need to do the math and see if bundling will help you save—it's a waste to pay for it if you end up not using the services to their fullest. And as with credit-card issuers who tease you with a low rate to make the switch, the companies will give you a pretty nice price for the first year or so, but then



## WIN A BLUETOOTH SPEAKERPHONE

Ten readers will win TheTalkyOne Bluetooth Speakerphone provided by Novero (a \$139 value), which lets you make calls *and* stream music. Snap on the tag to enter.





it will likely go up. If that happens, call your company and let them know you need a better rate. When Gisele Johnston of Dorchester, Ontario, was solicited by Bell to switch her services for a good rate, she asked her existing provider, Rogers, to beat the deal. And beat it, it did. "Rogers bundled all of our services, cutting the monthly bill from \$180 to \$112," she says. "We kept everything as it was—nothing changed but the monthly fee."

## INTERNET SERVICE

**use free connections.** When the library is open, it's easy to get onto a computer for at least 15 minutes for free. If you have a laptop computer with Wi-Fi, stop into a local coffee shop or other place that offers the connection for free. At last count, according to **OpenWi-FiSpots.com**, there were more than 64,590 free Wi-Fi hotspots in the U.S. Caution: Do not conduct any banking or personal business that you wish to keep secure. Think of anything you do on a public Internet connection as the equivalent of mailing a postcard: Assume others will read it.

**shop around for dial-up and DSL.** For light users who want email, online shopping and basic Web surfing at home, the cheapest way to go is a dial-up connection. Basically, your computer uses a modem (some computers have this built in) plus your home phone line to call a local number that connects it to the Internet. A dial-up connection can be *very slow*, not fast enough to download movies or watch videos, and you won't be able to take calls while online. But for as little as \$5 to \$10 a month, depending on your location and service, you will have access to the Internet. Your current landline provider likely offers dial-up, so check there first and then shop around with providers like **NetZero.com**, **Earthlink.net** and **PeoplePC.com**.

DSL also operates over standard telephone lines, but is faster than dial-up (you select from four DSL speeds; 10 to 15 megabits per second is usually fast enough to download movies and watch videos). A special modem is required, which may be supplied by the provider but otherwise will run you \$30 and up. Contact major DSL providers like Verizon, AT&T, Qwest, Earthlink, Speakeasy and DSLExtreme for pricing, but expect to pay \$15 a month and up depending on the download speed you choose.

**look for broadband deals.** Check **MyRatePlan.com** to find the current best deals in your zip code, then call your cable or satellite provider to inquire, or check their website. To get you to sign up, companies may slash regular rates of \$40 to \$50 a month to \$20 or less for a period of 6 or 12 months. Before you agree, make sure you know what the total price will be after the introductory period—and for the foreseeable future. **wd**

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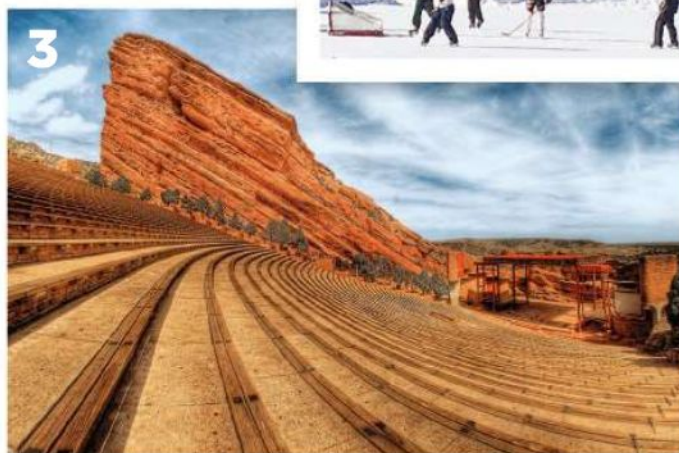




# a woman's day in... Denver, CO



“Denver feels like home to me,” says Amber Borowski Johnson, 38, a native Canadian who has lived in the Mile High City for eight years. “The winters are mild, the foothills of the Rocky Mountains are just 10 minutes from my house, and the laid-back outdoor lifestyle makes it a great place to live.” The city’s proximity to family-friendly ski resorts like Loveland, Echo Mountain and Winter Park Resort—all within a two-hour drive—is a bonus for this ski-loving mom of two, editor of *The Denver Post*’s Mile High Mamas blog. And the fact that Denver has 300 days of sunshine means that Amber and her family can hit the slopes (and much more) nearly year-round.



## 1. FOR GREAT SHOPPING Highlands Square

This charming part of town along 32nd Avenue boasts Victorian architecture and quaint boutiques. “The shops are hip and fun,” says Amber. Some of her favorites? Kismet: “I love the extensive collection of hats, handbags, clothes and unique jewelry by local artists.” And Wordshop: “The paperie offers beautiful stationery, greeting cards, journals, invitations and more.”

## 2. IF YOU'D RATHER SKATE THAN SKI Evergreen Lake ([evergreenrecreation.com](http://evergreenrecreation.com))

Just 20 minutes outside Denver, this 40-acre lake ices over from mid-December to mid-March, depending on the weather. “You can skate surrounded by blue spruce, pines, evergreens and stunning mountain views,” says Amber. “It’s Colorado at its best.” There’s also a 1930s boathouse and a 1.3-mile-long trail (Please turn to 58)



*Nothing brings 'em together  
like a holiday tree.*



### WILMA'S HOLIDAY TREE

Active time: 10 minutes excluding assembly and decorating

- 1/4 cup (1/2 stick) butter or margarine (not spread)
- 1 pkg. (10-1/2 oz.) Miniature Marshmallows (6 cups)
- 1 pkg. (11 oz.) POST Fruity or Cocoa PEBBLES Cereal
- 1 container (16 oz.) ready-to-spread vanilla flavored frosting

SPRAY 13x9-inch pan with cooking spray.

MELT butter over low heat in large saucepan. Add marshmallows, stirring until completely melted. Add cereal; mix to coat well.

PRESS mixture firmly and evenly into prepared pan. Cool 1 hour in cool dry place. Using cookie cutters or star cutouts, carefully cut 2 of each size for a total of 10 stars. (Kids, ask an adult to help you.)

SPREAD 1/2 of frosting on tray to resemble snow. Use remaining frosting to attach stars, stacking largest to smallest and rotating points of stars to make a tree. Decorate as desired. Makes 1 tree.

**For more delicious recipes, visit [www.postcereals.com/recipes](http://www.postcereals.com/recipes)**





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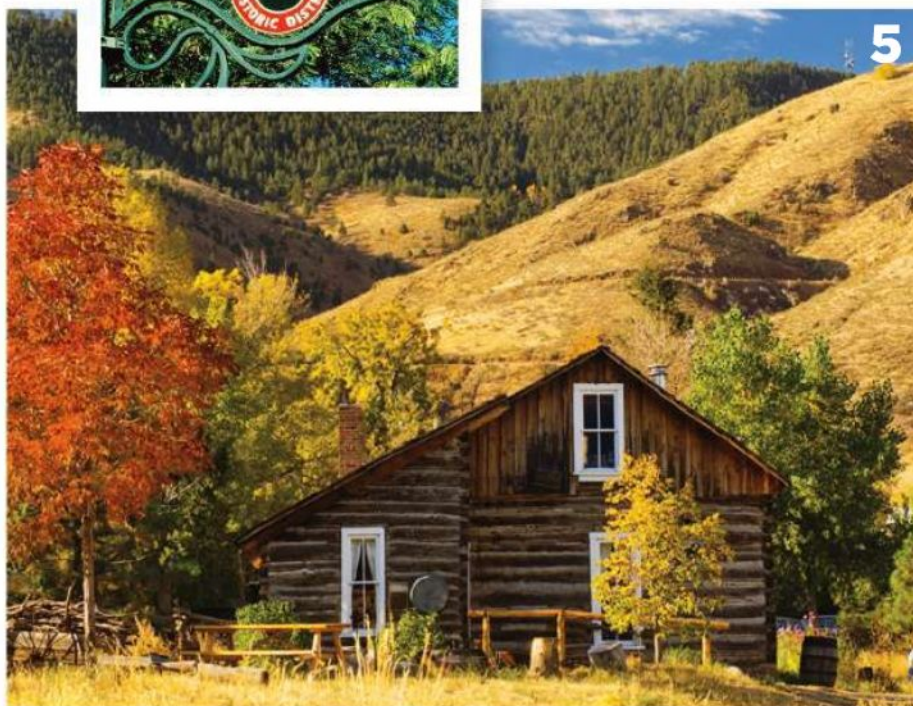
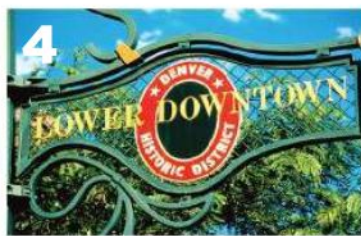


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**3. IF YOU'RE PLANNING  
A SUMMER VISIT See a  
concert at Red Rocks  
Amphitheatre**

**([redrocksonline.com](http://redrocksonline.com))** A concert here should definitely be on your list. "This spectacular outdoor theater is set between two natural 300-foot-tall monolithic sandstone formations right in the middle of Red Rocks Park," says Amber. "The views and the acoustics are out of this world." Everyone from the Beatles to the Grateful Dead to U2 has played at the world-famous venue, which holds concerts from May to the beginning of October.

**4. IF YOU'RE LOOKING FOR  
NIGHTLIFE Head to LoDo**

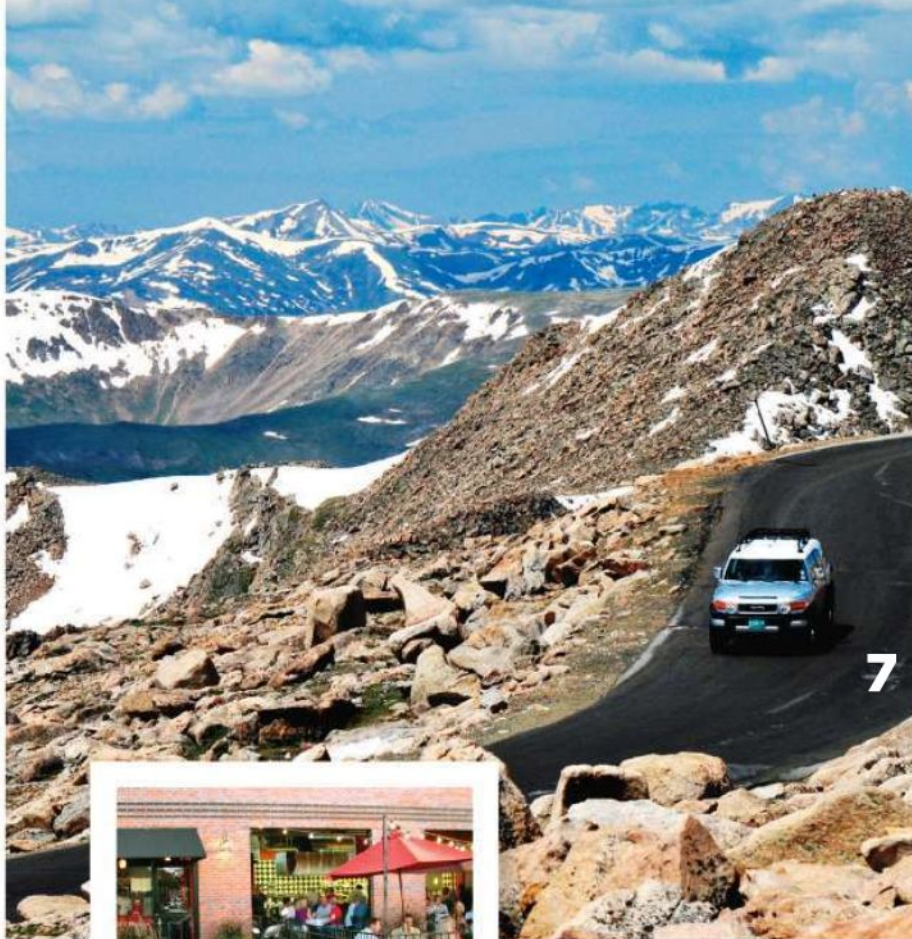
Lower Downtown, that is—a trendy historic district bustling with the coolest bars, restaurants, clubs, art galleries and people. You'll find everything from brew pubs (restaurants that make their own beer) and martini lounges to rooftop

cafes and charming bistros, many of them in restored warehouses. "LoDo is where the locals hang out, especially at neighborhood places like the Vesta Dipping Grill, a fun, hip restaurant and bar," says Amber.

**5. A GREAT DAY TRIP Drive to Golden** "My daughter, Hadley, calls it 'the funnest place on earth,'" says Amber. No wonder: A quick 15 miles from Denver, it offers tons of family-friendly activities, like the Heritage Square Music Hall Children's Theatre, which runs original plays based on favorite fairy tales. The current production, *The Frog Prince*, runs through November 13. For a peek at how life was lived in the late 1800s, stop by Clear Creek History Park, a recreated mountain ranch. "The chicken coop there was Hadley's favorite, hands down," says Amber. Another standout: the Colorado Railroad Museum, which includes a replica of an 1880s-style depot. "It has 15 acres of historic locomotives and cars, plus 50,000 rare photos and artifacts."

SPREAD, LEFT TO RIGHT: SCOTT DRESSEL-MARTIN; (INSET) DAVE HOUSER/DENVER METRO CONVENTION & VISITORS BUREAU; STAN OBER/DENVER METRO CONVENTION & VISITORS BUREAU; (INSET) COURTESY OF BELLA BISTRO.





6

**6. DINNER FOR TWO** **Bella Bistro ([bellabistro.com](http://bellabistro.com))** “My husband, Jamie, and I love coming here,” says Amber. The menu at the small, charming Italian restaurant, located in the Denver suburb of Arvada, changes daily, so Amber never has the same meal twice. “One of my favorites was the beef tenderloin au poivre with Parmesan truffle whipped potatoes and cognac mushroom sauce. It was delicious.” At this time of year, she says, Bella is intimate. “But in the summer, the patio is opened and draped in white lights. It’s magical.” You can even sign up for cooking classes!

**7. FOR A TRUE COLORADO EXPERIENCE** Check out the view atop a 14er What’s a 14er? Any one of Colorado’s 54 mountains that soar more than 14,000 feet high. Amber has hiked 13 of them. But you don’t have to exert yourself to scale Mt. Evans and Pikes Peak: “You can drive to the top of both when the weather’s nice, or take the cog railway at Pikes Peak. It’s open year-round, but trips to the summit depend on weather conditions.”

*Interview by Angela Ebron*

Where to stay? Go to **womansday.com/denver**

## WIN A TRIP TO GRENADA!

One lucky winner and a guest will receive a four-day, three-night fully inclusive stay at Spice Island Beach Resort in Grenada ([spiceislandbeachresort.com](http://spiceislandbeachresort.com)), which includes luxury accommodations, meals and water sports such as kayaking, snorkeling and sailing (a \$4,400 value). Enter to win online: [womansday.com/giveaways](http://womansday.com/giveaways). For a list of winners: [womansday.com/winners](http://womansday.com/winners).



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Snap to enter for a chance to win a free bag of NESTLÉ® RAISINETS®. See page 10 for details.

## FOLLOW THE ADVENTURE

Visit [youtube.com/raisinets](http://youtube.com/raisinets) to catch the superjuicy webisodes!



Good Food, Good Life

\*8g fat vs. 11.4g fat [average] in 45g of the leading chocolate brands.

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**live well** beauty

Ask any woman of a certain age and she'll tell you that looking younger is at the top of her wish list. But when it comes to figuring out how to get ageless skin, well, most of us wouldn't know the answer if it was staring us in the face. Serums? Creams? Cleansers? What to use and how? This skincare-by-numbers regimen makes it easy to stop aging in its tracks.

A close-up portrait of a woman with blonde hair pulled back, smiling warmly at the camera. She is resting her chin on her right hand. She is wearing a white tank top. The background is plain white.

forever  
young

PHOTOGRAPHS BY DANIELA STALLINGER



# your morning routine

1

**wash your face** Using a non-soap cleanser and warm water, remove dirt and oil to create a canvas for products, which you'll be applying in order of consistency, from thinnest, like gels, to thickest, like creams, so they properly penetrate skin, says Kathy Fields, a San Francisco dermatologist and cocreator of Proactiv.

2

**treat your eyes** "The area around your eyes is the first place to show visible signs of aging—fine lines and wrinkles," says Gary Goldfaden, MD, a Miami-based dermatologist. The skin here tends to be thinner, drier and more sensitive than any other area on your face, so gently pat a pea-size amount of cream on the undereye area with your ring finger, which applies the least pressure. Start below the inner corners of eyes and move out toward your temples. Pick the formula that will attack your trouble spots.

## IF YOU HAVE...

**PUFFY EYES** As you age, circulation slows and eye ligaments weaken, pushing fat forward. Apply a cream with aloe vera to soothe swelling or caffeine to boost circulation. **Origins GinZing Refreshing Eye Cream (\$29.50; [origins.com](http://origins.com))** has caffeine from coffee and ginseng.



**DARK CIRCLES** Blame heredity for raccoon eyes, caused by pooled blood in blood vessels. To promote circulation, use cream with caffeine or grapeseed extract. Both are in **Good Skin Labs Eyplex-2 Eye Lift + Circle Reducer (\$39.50; [kohls.com](http://kohls.com))**, a day gel and a night balm.



**CROW'S-FEET** Over time, collagen, a firming protein, breaks down and causes wrinkles. Choose a cream with amino acids, which trigger collagen production. **L'Oréal Paris Collagen Micro-Pulse Eye (\$20; at drugstores)** even has a vibrating massager to stimulate blood flow.



**CREPEY SKIN** Got bags? When skin loses collagen, it becomes less elastic and sags. Apply an eye cream with hyaluronic acid, like **Mario Badescu Hyaluronic Eye Cream (\$18; [mariobadescu.com](http://mariobadescu.com))**, to lock in moisture and kick-start collagen production.



3

**moisturize** Each time we wash our face, we remove some of its natural moisture—and if we don't apply something to replace what's missing, skin becomes dehydrated. "Maintaining a moisture balance in our skin reduces the appearance of fine lines, prevents sensitivity and controls oil production," says Jennifer Linder, MD, a Scottsdale, Arizona-based dermatologist. Apply a dime-size amount of the formula for your skin type to each cheek and massage it into your face, neck and chest. If your lotion doesn't have SPF, follow up with sunscreen.

## IF YOU HAVE...

**DRY SKIN** The culprits: a change in hormones or the weather, or using alcohol-based cleansers or bar soap. Try a cream with a humectant, like glycerin, which attracts moisture to skin. Our pick: **Garnier Nutritioniste Moisture Rescue UV-Lotion SPF 15 (\$8; at drugstores)**.



**UNEVEN SKIN TONE** You could be suffering from a loss of collagen and elastin or too much sun. Apply a cream with peptides, which firm up elasticity, and soy or licorice extract, which lighten dark spots. One to try: **First Aid Beauty 5-in-1 Face Cream SPF 30 (\$38; [sephora.com](http://sephora.com))**.



**COMBINATION SKIN** An oily T-zone (dry on cheeks; oily on forehead, nose and chin) is probably due to hormones or genetics. Look for a lightweight moisturizer like **Clinique Moisture Surge Extended Thirst Relief (\$34; [clinique.com](http://clinique.com))**, which has dimethicone, a hydrating skin conditioner, and soothing green tea.





# your night routine

1

**wash and exfoliate** As you do in the A.M., wash with a gentle cleanser. Once a week, switch to an exfoliating cleanser that goes deep, removing dead skin cells that build up and cause uneven texture, suggests Frederic Brandt, MD, a dermatologist in Miami and New York City.

2

## treat your eyes

Apply the same eye cream you used in the morning.

3

**pump on serum** Consider serums the SWAT team of beauty products: You bring them in when you've got a specific problem (age spots, hyperpigmentation, fine lines and wrinkles) and nothing else seems to be working. "Serums have a higher concentration of active ingredients and seep deeper than moisturizer into your skin layers to deliver nutrients that help repair your skin," says Kenneth Beer, MD, a West Palm Beach, Florida-based dermatologist. Serums are lightweight, super-hydrating and typically won't clog pores. Pump a pea-size amount onto the back of your hand and use your ring finger to gently massage it into trouble spots.

### IF YOU HAVE...

**AGE SPOTS** Your go-to ingredient: kojic acid, which is found in (of all places) mushrooms. It blocks the skin's tyrosinase enzyme, which creates melanin, the pigment that determines how light or dark skin can get. Try **PCA Skin Pigment Gel** **hq free** (\$42; 877-PCA-SKIN).



**DULL SKIN** Want to glow again? Apply a serum with alpha hydroxy acids (AHAs), fruit acids that gently exfoliate skin to reveal fresh, younger cells. Antioxidant-rich **Yes to Blueberries Age Refresh Intensive Skin Repair Serum** (\$20; [target.com](http://target.com)) has AHAs blueberry and apple extract.



**WRINKLES** Protect skin from free radicals—pollution and UV radiation—that speed aging. Neutralize their effects and prevent further damage with a vitamin C-infused formula, like **Ole Henriksen Truth Serum Collagen Booster** (\$48; [olehenriksen.com](http://olehenriksen.com)). (Win a bottle, page 64.)



4

**moisturize** Formulated to work with the body's natural healing cycle (hello, cell turnover!), night creams are enriched with vitamins and antioxidants to help repair damage. Apply a dime-size amount to each cheek and massage into your entire face, neck and chest.

### IF YOU HAVE...

**DRY SKIN** Use a moisturizer that's packed with shea butter, which is rich in fatty acids and helps skin retain moisture and elasticity. Our pick: **Lumene Excellent Future Deep Repairing Night Cream** (\$29.99; [target.com](http://target.com)).



**UNEVEN SKIN TONE** At night, skin doesn't have to worry about UV exposure, so it's prime time to combat age spots with peptides. Try **Skin Effects by Dr. Jeffrey Dover Cell 2 Cell Intense Illuminating Cream with Anti-Pigment Peptides** (\$20; [cvs.com](http://cvs.com)).



**COMBINATION SKIN** To bridge the battle between dry and oily skin, use a hydrating moisturizer that delivers essential nutrients like vitamin E. **Dead Sea Essentials Almond Oil Night Cream** (\$15; [target.com](http://target.com)) has a blend of mineral extracts, plus free radical-fighting Vitamin E.





new

RETINOL REVOLUTION

# TOUGH ON WRINKLES GENTLE ON SKIN

DISCOVER  
PRO-RETINOL  
FROM NATURE



95% effective\*  
100% gentle

## THE PROOF >>

Ultra-Lift with Pro-Retinol from Nature dramatically lifts wrinkles, with virtually no irritation.



Take care.  
**GARNIER**  
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\*Based on women who saw wrinkle reduction in a consumer perception study after 8 weeks. ©2010 Garnier LLC



## secrets of dermatologists

The pros know you can slow down the aging process for free.

- 1 **"Exercise and keep an active lifestyle,"** says Dr. Goldfaden. Working out helps promote circulation and the flow of nutrients to your skin.
- 2 **"Don't tense your face or neck muscles while working out."** Tensing these muscles can deepen fine lines, while weakening the muscles in your neck and promoting sagging," says Dr. Brandt.
- 3 **"Avoid smoking—it slows the flow of oxygen to skin."** It also causes fine lines to deepen and increases skin discoloration," says Paul M. Friedman, MD, a Houston- and New York City-based dermatologist.
- 4 **"When traveling by plane, avoid the window seat."** You'll be exposed to higher-than-normal doses of UV radiation, thanks to the higher altitude, says Dr. Brandt.
- 5 **"Don't pick at your skin!"** Spreading bacteria on your face leads to irritation and can leave scars," says Heidi Waldorf, director of laser and cosmetic dermatology at The Mount Sinai Medical Center in New York City.
- 6 **"Try to go to bed by 11 P.M."** each night to optimize your natural secretion of human growth hormone, which promotes cell turnover and collagen production," says Dr. Brandt.
- 7 **"Stay out of the sun between 10 A.M. and 4 P.M.,"** when the sun is at its strongest and causes the most damage," says Dr. Fields.
- 8 **"Eat healthy and cut back on sugar and salt."** Those ingredients attach to collagen, causing it to break down more quickly," says Dr. Goldfaden. **wd**



### WIN SERUM

25 readers will win the Ole Henriksen Truth Serum Collagen Booster shown on page 62 (a \$48 value). Snap on the tag to enter.



**TOUGH**  
FROM CREASES  
TO LAUGH LINES

**GENTLE**  
ON SKIN

THE ONLY TARGETED TREATMENT  
WITH PRO-RETINOL FROM NATURE

**THE  
PROOF >>**



<< Plumps



<< Fills



<< Smooths



new

94%\* of women  
showed results

\*In a clinical test measured on a 10-grade scale from deepest wrinkles to no wrinkles after 12 weeks. ©2010 Garnier LLC.

Take care.  
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# spooky. spirits

**This  
Halloween,  
bring empty  
wine bottles  
back from  
the dead  
to haunt  
your home**

## **VAMPIRE & GHOST**

- 1.** Using a paint scraper, remove labels from empty bottles of wine. Soak to loosen glue, scrubbing with a sponge. Dry. (You can also use Goo Gone, found at most grocery stores.)
- 2.** With black and white paint pens, draw on faces.







1



2



3



## JACK-O'-LANTERN

**1.** Remove label from an empty green bottle using the instructions for Vampire & Ghost (see previous page).

**2.** Wrap blue painter's tape around the barrel of the bottle, stopping where the base begins to curve toward the neck. Using a pen or marker, draw triangle eyes and a toothy grin in center.

**3.** Lay bottle faceup on a dishtowel to keep it from rolling around. Carefully cut along the markings with an X-Acto knife. Peel off the surrounding tape, leaving the eyes and mouth stuck to the bottle.

**4.** Using orange spray paint, cover the bottle from the base to the neck. Let dry until paint is no longer tacky, then remove the tape.

## WITCH

**1.** Remove label from an empty green bottle using the instructions for Vampire & Ghost (see previous page).

**2.** Wrap blue painter's tape around the barrel of the bottle, stopping where the base begins to curve toward the neck.

**3.** Using black spray paint, cover the untaped part of the neck to form the cone portion of the hat. Let dry until the paint is no longer tacky.

**4.** To make the brim, cut a circle about 8 inches in diameter from black card stock. Center the bottom of the bottle inside the circle, trace it and cut out with an X-Acto knife. Peel off the tape. With a black paint pen, draw on eyes, nose, mole and scowl. Slip circle over bottle neck and rest at black spray paint edge.



1



2



4





## GHOULS

**1.** Remove labels from empty bottles using instructions for Vampire & Ghost, page 67.

**2.** Cut out droopy eye and moaning mouth shapes from copy paper. Imperfections in shape will only add to the spookiness.

**3.** One at a time, hold the paper pieces up to the bottles. Using white spray paint, lightly spray the pieces. The paint will bleed through the paper and land softly on the bottles.

**4.** Slightly heat bottoms of taper candles with a flame, then set in bottles; don't leave lit candles unattended.





## SPIDERWEBS

**1.** Remove the labels from full bottles of red wine using the instructions for Vampire & Ghost, page 67. (When soaking bottles, be careful not to get the corks wet.)

**2.** Using a fine-tipped white paint pen, mark a dot for the web centers and draw lines outward. Starting near the center, connect lines with arcs that curve toward the midpoint, spacing arcs farther apart as you go out. **wd**







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when to wake me up.  
And my shower exactly  
how to wake me up.

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It's now in 21 additional recipes – over 40 in all!

**It's amazing what soup can do.™**





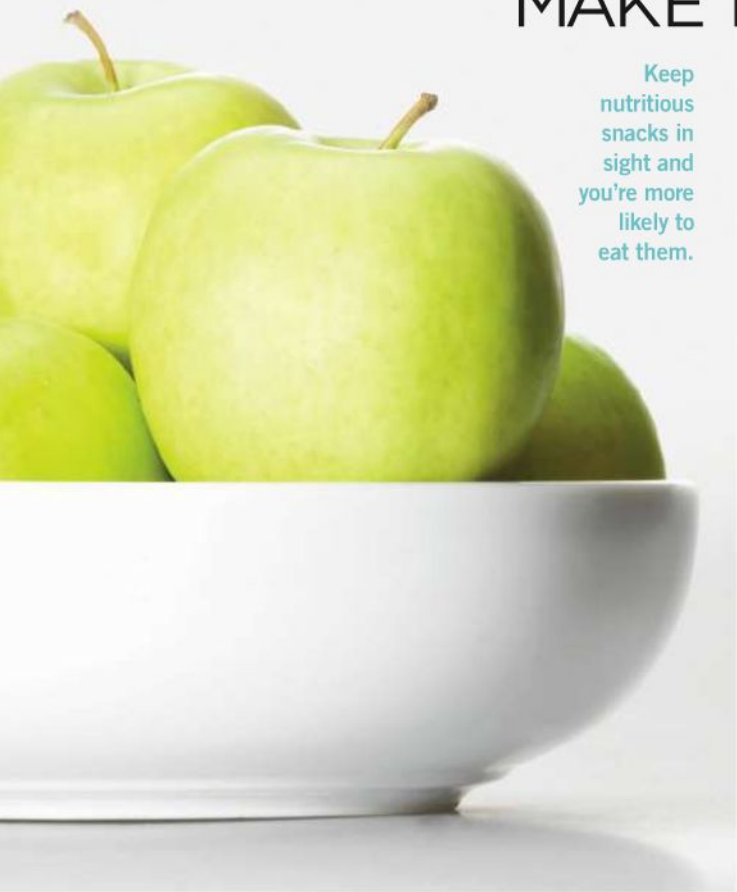
# be well

## PEDAL AWAY POUNDS

Putting the (bike) pedal to the metal is a great way to keep pounds at bay. A recent study found that women who biked two to three hours per week (only 15 to 25 minutes per day) were 46 percent less likely to gain weight in the long run than those who didn't exercise regularly. Try running errands on your bike or find scenic paths at [traillink.com](http://traillink.com).







Keep nutritious snacks in sight and you're more likely to eat them.

## MAKE HEALTHY HABITS STICK

Whether your goal is to exercise regularly or eat more vegetables, it *can* become second nature—you just need a little help. To stay on track...

● **Use visual cues.** If you want to wear sunscreen every day but keep forgetting, keep a bottle next to your makeup and another near the door, says Meg Selig, licensed professional counselor and author of *Changepower! 37 Secrets to Habit Change Success*. If you're trying to eat more fruit, keep some in a bowl on your kitchen counter so you'll be more likely to reach for it.

● **Get inspired.** Reading success stories of people who've accomplished whatever you're striving for—say, becoming a triathlete or losing major pounds—reminds you that your goals are really achievable, says Pauline Wallin, PhD, psychologist

and author of *Taming Your Inner Brat*. If weight loss is your goal, check out the transformations series at [womansday.com/transformations](http://womansday.com/transformations).

● **Find support.** Research shows that having a support system is key, says Selig. This might mean finding an exercise buddy who will meet you at the gym, forming a healthy dinner club with friends, or attending Weight Watchers meetings.

● **Track your progress.** Based on the notion that it takes 21 days to form a lasting habit, [habitforge.com](http://habitforge.com) helps motivate you to reach any goal: Just type it in and you'll get a personalized email daily asking whether you were successful. If you click "yes," you'll see a message like, "Congratulations! You've succeeded three days in a row."

Abigail L. Cuffey

## it's all in the timing

When scheduling your checkups and important medical tests, don't just settle for the next available appointment. *Emily Rogan*

test/exam	best time to get	why
<b>mammogram</b>	Between day 7 and 14 of your cycle (day 1 is the first day of your period)	Breasts are less swollen and dense at that time, so it will hurt less and the technician will get a better image, says Steven Chang, MD, a family practitioner at the University of California Davis Medical Center.
<b>ob-gyn checkup</b> (including a pelvic exam and Pap smear)	Between day 7 and 14 of your cycle	At this point the cervix is usually softer and more open, which means the exam will be more comfortable and the technician can get a more accurate sample, says Dr. Chang.
<b>colonoscopy</b>	First thing in the morning, according to a study in <i>The American Journal of Gastroenterology</i>	You may be more apt to stick to the preparation required if you know you can get back to normal eating soon, says gastroenterologist Arthur Talansky, MD. Better prep means a better view—so you're less likely to get called back for a repeat test.
<b>blood tests for seasonal allergies</b>	During peak allergy season in your area	The blood tests check for antibodies that your body only produces when it's exposed to the offending substance(s), says Rashmi Gulati, MD, an internist and allergy specialist. (You can get scratch tests anytime, since those involve putting the allergen on your skin.)
<b>fasting blood tests</b> (like cholesterol and blood sugar screenings)	Well before a big holiday or vacation	Indulging in all those rich foods associated with celebrations and vacations may affect the fats and sugars in your bloodstream for several weeks, says Dr. Gulati. Can't see the doc beforehand? Wait at least two to three weeks after to get tested.





## Now you can help protect both your son and daughter with GARDASIL.

### Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

**GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.**

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

### IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your child's health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

  
**GARDASIL®**  
[Human Papillomavirus Quadrivalent  
(Types 6, 11, 16, and 18) Vaccine, Recombinant]

[gardasil.com](http://gardasil.com)

1-800-GARDASIL

**Talk to your child's doctor today.**



Having trouble paying for your Merck medicine? Merck may be able to help. Visit [merck.com/merckhelps](http://merck.com/merckhelps).

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Your child could be

 **oneless**  
person affected by HPV disease.





## Patient Information about GARDASIL® (pronounced "gard-Ah-sill")

### Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.<sup>1</sup> You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

#### What is GARDASIL?

GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

#### What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

#### Who should not get GARDASIL?

You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

#### What should I tell my health care provider before getting GARDASIL?

Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

#### How is GARDASIL given?

GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

#### Can other vaccines and medications be given at the same time as GARDASIL?

GARDASIL can be given at the same time as RECOMBIVAX HB<sup>®1</sup> [hepatitis B vaccine (recombinant)] or Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

#### What are the possible side effects of GARDASIL?

The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

There was no increase in side effects when GARDASIL was given at the same time as RECOMBIVAX HB [hepatitis B vaccine (recombinant)].

There was more injection-site swelling at the injection site for GARDASIL when GARDASIL was given at the same time as Menactra [Meningococcal (Groups A, C, Y and W-135) Polysaccharide Diphtheria Toxoid Conjugate Vaccine] and Adacel [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine Adsorbed (Tdap)].

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

#### What are the ingredients in GARDASIL?

The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit [www.gardasil.com](http://www.gardasil.com).

Issued June 2010

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with  
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&  
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**A DELICIOUS SOURCE OF ANTIOXIDANTS  
VITAMINS C & E AND 8 GRAMS OF WHOLE GRAIN.**





## stay sharp with WD

Exercise your logic skills and fill this empty grid with the words provided, using each word only once. There is just one correct way to fill in the boxes, so you have to figure out where the words should go in order to solve the puzzle. Find the solution online at [womansday.com/answers](http://womansday.com/answers) or in the next issue.

### 3 LETTERS

AGO  
BAT  
BID  
DRY  
ROB  
TEN

### 5 LETTERS

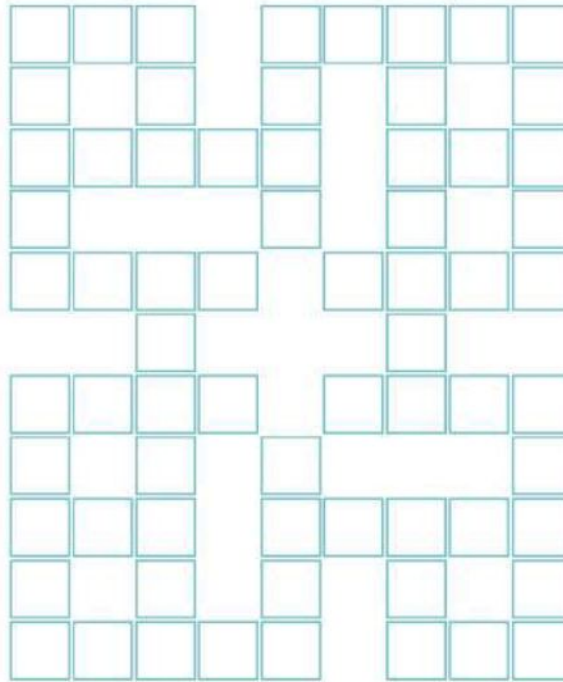
BASIC  
HOMES  
HONEY  
REACH  
ROBOT  
SAFER  
SANDY  
URBAN

### 4 LETTERS

AUNT  
CABS  
DASH  
NUTS  
REDS  
SAYS

### 7 LETTERS

BEDROOM  
FORMULA

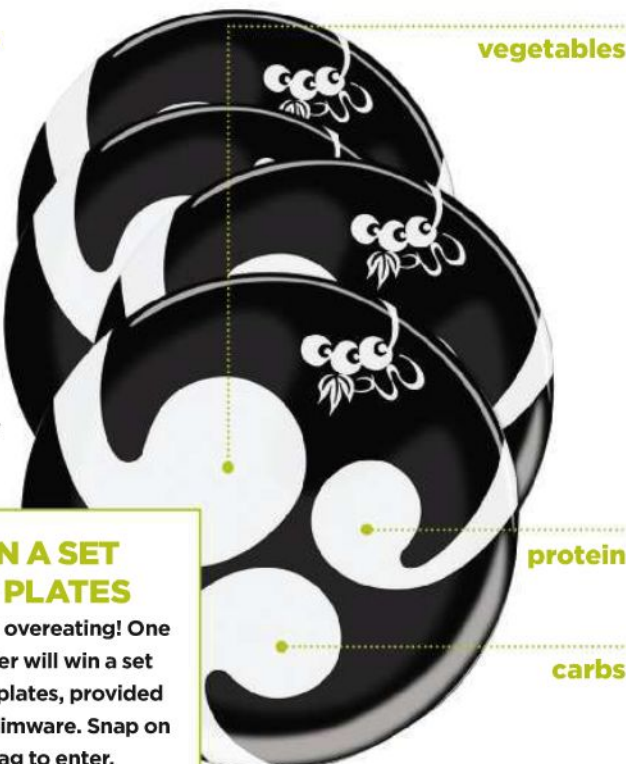


Puzzle courtesy of Clarity Media, Ltd.  
For the solution to the October 17 puzzle, see page 169.

## we love it! slimware

### With these chic plates

you don't need to eyeball portion sizes (which can often lead to overestimating and eating more calories). Simply put your protein/entrée on the smallest area of the Portion Plate, carbs/side dish on the medium-size area and vegetables on the largest one. \$36.50 for a set of 4; [slimware.com](http://slimware.com)



### WIN A SET OF PLATES

Stop overeating! One reader will win a set of 4 plates, provided by Slimware. Snap on the tag to enter.

No purchase necessary to win prize. Please see instructions and abbreviated rules on pages 10–11. Your carrier's standard Internet rates will apply.



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# should he stay or should he go?

Your little one doesn't feel well. Is keeping him home a must? "Parents know their children better than anyone, so you can usually trust your 'mom instinct,'" says Peter Richel, MD, chief of pediatrics at Northern Westchester Hospital in New York. But here are some things to look for to help you decide.

## Runny nose, coughing, congestion

**keep him home if...** He has all of these symptoms, or just one but it's very bad (for example, congestion that makes it hard to breathe). If he also has fever and joint aches, it could be the flu—so staying home is a must. It's usually safe to send him back to class three days after the cold symptoms started or once

he's been fever-free for 24 hours (especially if it's the flu).

## Sore throat

**keep him home if...** It really hurts him to swallow, even if there's no fever. See the doctor, because this could be strep. If it is, he can go back to school 24 hours after starting antibiotics.

## Earache

**keep him home if...** The pain is so bad that he's waking up at night or crying. He may need to see the doc (antibiotics are occasionally prescribed), but since ear infections aren't contagious, it's fine to send him back to school as soon as he starts to feel better.

## Vomiting or diarrhea

**keep him home if...** He has either of these symptoms, because they're a sign that he's contagious. School is safe when symptoms subside.

## Rash

**keep him home if...** You notice that it's unusual or severe. Many viruses and some bacteria can cause a rash. The doctor has to see it to determine if it's contagious (and for how long).

## Eye infection

**keep him home if...** The eye(s) looks pink or there's discharge. It could be pinkeye (conjunctivitis), which is very contagious. He can head back to school after he's been using prescription drops for at least 24 hours. *Barbara Brody*



## keep everyone connected

When someone is seriously ill, it can be hard to keep family and friends in the loop. (So many phone calls to return, so much time spent repeating the same latest details...) Creating a website at [caringbridge.org](http://caringbridge.org) can make the process less stressful. Register on the free site (it's run by a nonprofit) to create a personalized page where you can post updates on a patient's progress, info about meetings with doctors, and more.

## prevent picky eating

Kids' food doesn't have to be bland. In fact, weaving in herbs and spices starting at a very young age is the best way to raise an adventurous eater, says Karen Ansel, RD, coauthor of *The Baby & Toddler Cookbook: Fresh, Homemade Foods for a Healthy Start*. Try these tasty combos to expand your child's palate (start with a pinch of each herb or spice and add more to taste):

### FOR BABIES:



mashed avocado



cilantro



puréed or roasted plums



ginger



yogurt



cucumber and mint

### FOR OLDER KIDS:



macaroni and cheese



sage or nutmeg



chicken nuggets



oregano



turkey meatloaf



thyme





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Campbell's® Kids Soups make both kids and moms smile. They're a good source of Vitamin A, with no artificial flavors or preservatives. And the addition of a natural sea salt helps them have a healthy level of sodium. With plenty of the taste kids love, everyone wins!

It's amazing what soup can do.™







WOMAN'S  
DAY  
SLIMDOWN  
WITH  
JOY BAUER

## Restaurants can be a diet disaster, but not if you have a plan

Dining out is one of the biggest challenges for dieters. Menus are designed to lure you in, and studies have shown that simply seeing or smelling food can erode the steeliest resolve (it's hard to resist ordering that brownie after seeing it pass by on the dessert cart!). That's why it's important to have a game plan before you set foot in a restaurant.

### check out the menu in advance

Access it online if possible, or call the restaurant and ask if they can fax a copy. When you get there, don't even open the menu—simply tell the waiter what you decided on earlier in the day. **start with greens.** Salad helps fill you up without adding many calories... as long as you don't drown it in dressing or smother it with fatty toppings like cheese and nuts. Vinegar contains negligible calories (plain vinegar, not vinaigrette), so feel free to douse your salad with as much as (Please turn to 84)





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## EAT OUT WITHOUT GAINING

CONTINUED you want. Or ask for a dressing on the side and use no more than one to two tablespoons.

**watch portions.** They are notoriously *huge* in restaurants. Even if you choose everything right, you can go wrong by cleaning your plate. You want to leave the table satisfied, not stuffed. One way to achieve this is to eat slowly and mindfully, paying attention to the company, not just the food. Try putting down your fork and taking a break every three bites or so. This gives your brain time to get the “I’m full” message from your stomach. On a similar note, don’t get so wrapped up in conversation that you forget what and how much you’re eating. To make sure you don’t overstuff yourself, when you’re about halfway through what’s on your plate, stop and assess your hunger on a scale of 1 to 5, 1 being ravenous and 5 being stuffed. If you’re at a 3 or 4, stop eating.

**skip the bread basket.** Most of the time, it’s a calorie bomb. If you must have something, a small slice of French bread or a small plain roll (no butter) is the way to go.

**don’t drink your calories.** Stick with water, seltzer or a diet soda. If you enjoy alcohol, limit yourself to one drink—preferably a glass of wine, a wine spritzer, a light beer, or a shot of hard liquor mixed with club soda or another noncaloric beverage—all of which are around 100 calories. Avoid frou-frou drinks like frozen margaritas, which contain hundreds of calories.

**go lowfat.** As a general rule of thumb, order foods that are *broiled*, *grilled*, *roasted* or *steamed*, and steer clear of those that are fried or sautéed. When entrées are pan-sautéed, the food soaks up more oil than during grilling or broiling.

**don’t be afraid to make special requests.** You can save lots of calories by asking for sauce on the side, steamed vs. (Please turn to 86)

## best & worst fast-food meals

Nutrition information is available in almost all fast-food restaurants these days. Some of the calorie and fat stats are alarming, but others are downright gratifying. Some highlights:



### APPLEBEE'S

#### best

- Grilled Dijon Chicken & Portobellos—450 calories, 16 grams fat
- Asiago Peppercorn Steak—390 calories, 14 grams fat
- Grilled Shrimp & Island Rice—380 calories, 4.5 grams fat

#### worst

- Chili Cheese Nachos—1,680 calories, 107 grams fat

### CHIPOTLE

(only lists saturated fat)

#### best

- Soft corn tortilla, beans (taco size), cheese (taco size), small serving guacamole, lettuce (taco size), tomato salsa—210 calories, 1.5 grams saturated fat
- Burrito Bowl with lettuce, tomato salsa, beans, small serving guacamole, ½ serving vinaigrette—340 calories, 3 grams saturated fat

- Burrito Bowl with lettuce, tomato salsa, 4 oz chicken or steak, ½ serving vinaigrette—360 calories, 4 grams saturated fat

#### worst

- Burrito with rice, beans, steak, cheese, guacamole, sour cream—910 calories, 19 grams saturated fat

### MCDONALD'S

#### best

- Hamburger—250

calories, 9 grams fat

- McChicken Sandwich (hold the mayo)—360 calories, 16 grams fat
- Vanilla Reduced Fat Ice Cream Cone—150 calories, 3.5 grams fat

#### worst

- Angus Bacon & Cheese Burger—790 calories, 39 grams fat

### OLIVE GARDEN

#### best

- Mussels di Napoli—180 calories, 8 grams fat
- Venetian Apricot Chicken—380 calories, 4 grams fat
- Linguine alla Marinara—430 calories, 6 grams fat

#### worst

- Pork Milanese—1,510 calories, 87 grams fat

### PIZZA HUT

#### best

- Two slices from 12" pie of “Fit 'n Delicious” Green Pepper, Red Onion & Diced Red Tomato—300 calories, 8 grams fat
- Two slices from 12" pie of “Fit 'n Delicious” Diced Red Tomato, Mushroom & Jalapeño—300 calories, 8 grams fat
- Two slices from 12" pie of “Fit 'n Delicious” Ham, Red Onion & Mushroom—320 calories, 9 grams fat

#### worst

- Two slices from 12" Meat Lovers pan pizza—660 calories, 36 grams fat

### SUBWAY

#### best

- 6" Veggie Delite on wheat bun—230 calories, 2.5 grams fat
- 6" Roast Beef on wheat bun—310 calories, 4.5 grams fat
- 6" Oven Roasted Chicken on wheat bun—320 calories, 4.5 grams fat

#### worst

- 6" Meatball Marinara—580 calories, 23 grams fat

### TACO BELL

#### best

- Drive-Thru Diet Menu Fresco Grilled Steak Soft Taco—160 calories, 4.5 grams fat
- Drive-Thru Diet Menu Fresco Ranchero Chicken Soft Taco—170 calories, 4 grams fat

- Pacific Shrimp Taco—180 calories, 7 grams fat

#### worst

- Volcano Burrito—800 calories, 42 grams fat

### WENDY'S

#### best

- Mandarin Chicken Salad—180 calories, 2 grams fat
- Jr. Hamburger—230 calories, 8 grams fat
- Grilled Chicken Go Wrap—260 calories, 10 grams fat

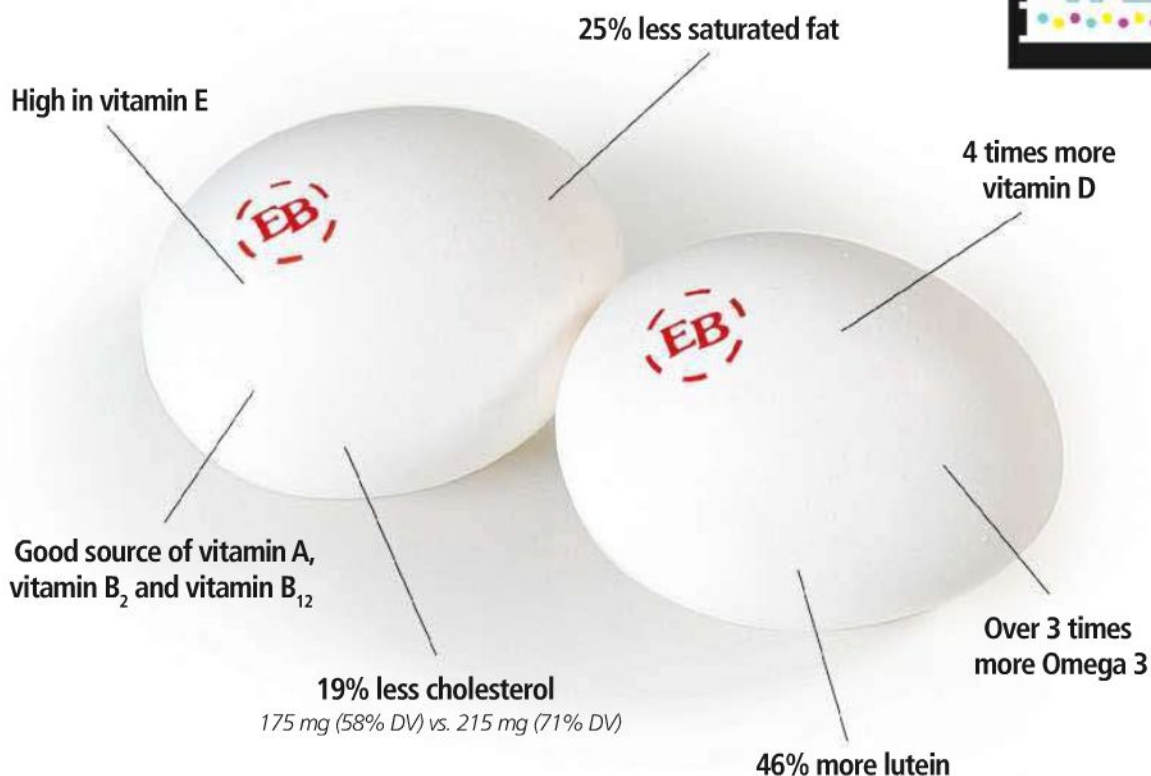
#### worst

- Bacon Deluxe Triple—1,150 calories, 73 grams fat



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*Compared to ordinary eggs:*



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Eggland's Best now provides even better nutrition for your family. Compared to ordinary eggs, EBs deliver even higher levels of important nutrients like vitamins A, D and E. Along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in quality and value for your family.



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Better eggs.**

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# THE **BETTER** EGG



## >>JOIN THE SLIMDOWN!

**We've teamed up with Joy, a *TODAY* show contributor and author of *Slim & Scrumptious*, to create the *Woman's Day* Slimdown diet challenge. Shelley Wade is already following the plan:**



"My health is the most important reason I'm on the Slimdown. I want to grow older with my good health intact and losing weight will help. It'll also help career-wise. I love being on the radio [I'm a DJ on Z100 in New York City and on stations across the country], but one of my other career goals is to work more in TV—and as unfair as it is, weight is a huge factor in who gets on television.

"Being on the Slimdown takes dedication, but I'm totally committed. The fact that the food is good really helps: One of my favorites is Joy's recipe for Grilled Steak with Mushrooms and Sautéed Spinach."

**>> Hear more from Shelley and meet the other Slimdown bloggers at [womansday.com/slimdown](http://womansday.com/slimdown).** You'll also find all four steps of the diet there, so you can reach your own weight-loss goal!

After you've gotten all the basics, get extra help at [joybauer.com/womansday](http://joybauer.com/womansday). *Woman's Day* readers who use this link will get two weeks of free additional meal plans, hundreds of slimming recipes and more.

fried or sautéed vegetables, double orders of veggies instead of a starch, and half-portion entrées. Plate-sharing and doggie bags are also a great way to cut calories and cost. (A charge for a plate-share is less than another entrée.) **order two appetizers instead of an entrée.** Seafood appetizers like shrimp cocktail, oysters or grilled calamari are low enough in calories that you can order two (stick to the same guidelines about avoiding fried, sautéed, etc.) plus a salad as your entire meal.

**ditch dessert.** If you need something sweet to end your meal, go for fruit or a few small bites of a shared dessert. Sometimes a cup of tea or a skim cappuccino is all it takes to make you feel like you've had a full dining experience.

## when you're eating ethnic foods...

It can be hard to choose when you don't completely understand the menu! You can always ask the waiter what's in a dish and how it's prepared, but here's some help:

### ITALIAN best:

- Mixed green salad with vinaigrette dressing on the side (no cheese)
- Mussels marinara
- Grilled calamari (squid)
- Grilled, broiled or roasted chicken or seafood (plain or served with a tomato-based sauce)
- Cioppino (tomato-based fish stew)
- ½ portion of pasta with frutti di mare (tomato and seafood) sauce

### avoid dishes with these

**words:** Alfredo, parmigiana, scampi, carbonara

### MEXICAN

#### best:

- Gazpacho
- Ceviche (raw fish "cooked" in lime or lemon juice)
- Chicken or shrimp fajitas (have only one soft tortilla, and limit the cheese, sour cream and guacamole)
- Camarones de hacha (shrimp in a tomato-coriander sauce)

- Snapper Vera Cruz

### avoid dishes with these

**words:** Frito (fried), con crema (cream), con queso (cheese)

### CHINESE

#### best:

- Tofu and vegetable soup
- ½ order steamed vegetable dumplings
- Steamed chicken or seafood and vegetables (order garlic, ginger or black bean sauce on the side, and have 2 tablespoons)
- Moo Shu chicken (limit yourself to two pancakes and skip side rice)

### avoid dishes with these

**words:** Crispy, chow (stir-fried in oil), sweet and sour

### JAPANESE

#### best:

- Miso soup
- Edamame (soybeans)
- Oshitashi (spinach)
- Sashimi (fish without rice)
- Chicken or seafood yakitori (skewers)
- Chicken or salmon teriyaki

### avoid dishes with these

**words:** Tempura, katsu (fried) wd

## JOY'S BOTTOM LINE

**Know before you go.** Coming to the table armed with info is key to eating out without blowing your diet.

**Order strategically.** Don't be afraid to ask servers questions or ask them to make substitutions.

**Savor your dining experience.** Eat slowly and pay attention to when you feel full so you don't walk away stuffed.





# EVERYDAY confidence

A SERIES



## Calling all confident ladies!

We invited our Facebook community of readers to share their secrets to everyday confidence. Check out what they had to say and get inspired to find your inner confidence!

*I gain confidence in knowing that each day I can, in some way, contribute to somebody's well-being or happiness.* – Terri E.

*Being positive drives me through anything. I try to smile all the time, leave no room for negative thoughts, and give all I have to everyone I meet. Try it! Smile and show the world you can do it!* – Patricia B.

*The key to self-confidence is believing in who you KNOW you are, not what other people THINK you are. Trust yourself and your abilities, and refuse to be defined by society's parameters.* – Julie A.

*My confidence comes from knowing that no one else on the planet has the same combination of personality, character, intelligence and physical attributes. Everyone is truly unique, and there's no amount of self-doubt that could ever change this fact.* – Leigh R.

*The secret to confidence is to love yourself just as you are and to embrace your differences. There is no one else like you.* – Terri W.

### ENTER NOW!

The Ban® Team invites you to celebrate your everyday confidence on a spa getaway!

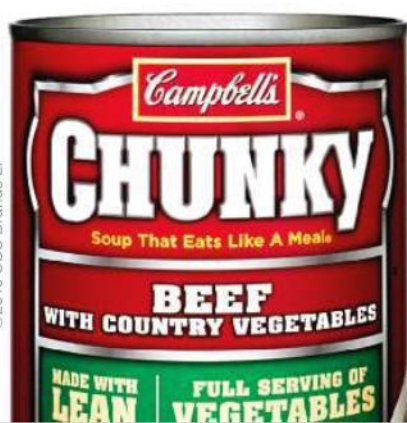
Snap the tag above or go to [WomansDay.com/Interactive](http://WomansDay.com/Interactive) to enter the "Calling All Confident Ladies" Sweepstakes.\* One lucky winner will receive \$3,500 in gift certificates to plan a relaxing spa getaway.

Ban® deodorants are the effortless, easy choice for the confident you. You get excellent 24-hour odor and wetness protection in the invisible solid, roll-on or clear gel antiperspirant and deodorant forms, that keeps you fresh and cool with all your daily activities. Don't Sweat the Small Stuff™.





**COOK DINNER  
FOR UNDER \$4,  
IN UNDER 4 MINUTES.**



Pour this Campbell's® Chunky™ soup over microwaved rice, and dinner is served. Grab dozens of dinner ideas at [chunky.com](http://chunky.com)

**It's amazing what soup can do.™** 



# walk it off

Lose pounds with our simple routines and get inspired by four women who walked their way slim by Karen Asp

## WALK #1 LATERAL RAISES (A)



Walking is one of the easiest ways to get fit. It's free, you can do it just about anywhere and it burns up to 200 calories in 30 minutes. That's why we enlisted Bob Harper, one of the trainers from NBC's *The Biggest Loser*, to create a walking program that blasts calories by including strength-training moves. Aim to walk four to six times a week, ideally picking a different routine each day. For motivation, check out the stories of four women who each shed major pounds mainly by walking. In just a few weeks, you'll be on your way to becoming the next weight-loss success story!

## WALK #1 MUSCLE UP

**Location:** Your neighborhood

**Goal:** Increase upper-body strength by alternating cardio and strength moves. Throw a resistance band in your pocket before you leave.

**Total time:** 38 min ►





A metal mailbox is mounted on a red wall. A piece of white paper with a brown horizontal band is hanging from the bottom of the mailbox. The paper has a jagged, torn edge at the bottom. The text on the paper is printed in a bold, sans-serif font.

**YOUR SON IS  
JUST MOMENTS  
AWAY FROM  
GETTING HIS  
HANDS ON  
THAT DIPLOMA**



**(And you're in here. Again.)**

## **Maybe today is the day to talk to your doctor about overactive bladder.**

If you're fed up with being here in the bathroom instead of out there with your family, ask your doctor if prescription Toviaz® (fesoterodine fumarate) could be right for your overactive bladder symptoms. Toviaz is a once-daily pill that significantly reduces sudden urges and accidents over 24 hours.\*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Don't let your bladder keep you from being where you want to be.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

*\*Results may vary*

The plan can help you manage overactive bladder symptoms:

.....

Did you know that drinking too *little* can make you have the urge to go to the bathroom *more* often?



### **Important Safety Information**

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz.

Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.



Please see Important Product Information on back. **For a FREE TRIAL offer, visit [Toviaz.com](http://Toviaz.com) or call 1-877-TOVIAZ-9.**

FSD00433H



# IMPORTANT FACTS

**Toviaz®**  
fesoterodine fumarate  
extended release tablets 4mg and 8mg

(TOH-vee-as)

## ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

## WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

## BEFORE YOU START TOVIAZ

**Tell your doctor about all your medical conditions, including:**

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- Liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant.  
It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

**Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products.** TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

## POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

## HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

## What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

## NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to [www.Toviaz.com](http://www.Toviaz.com).
- Call 1-877-9-TOVIAZ.

Uninsured? Need help paying for Pfizer medicine? Pfizer has programs that can help. Call 1-866-706-2400 or visit [www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com).

 **helpful answers™**



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## WALK #1 MUSCLE UP (continued)

**5 min** Warm up: Walk at easy pace.

**1 min** Walk fast, pumping your arms.

**3 min** Stop walking and do the following moves with your band, moving as quickly as you can:

### LATERAL RAISES (A, page 89)

Standing with both feet in the center of the band, hold the ends in each hand.



**(B)** With arms at sides, lift band to shoulder height (or as high as you can without going past shoulders); release. Do 30 reps.

**OVERHEAD PRESSES (A)** Hold ends of band in each hand. Place left foot in center of band and right foot about 8 inches in front of the left (the band should be behind you). Lift arms to shoulder height so they form 90-degree angles. **(B)** With palms facing forward, press arms straight up, keeping arms next to ears. Lower back

down to starting position. Do 30 reps.

**BICEPS CURLS** Hold ends of band in each hand and stand with both feet about shoulder-width apart in center of band. With palms facing forward, arms by thighs and elbows close to sides, lift hands to shoulders. Keep wrists straight. Release. Do 30 reps.

**24 min** Alternate 3 min of fast walking with 3 min of the above strength moves. (You should do circuit 4 times.)

**5 min** Cool down by walking at an easy pace and stretching. ►

## “I needed a size 22, and I panicked”



**Nancy Rushing, 40**, grew up in a meat-and-potatoes family where eating large portions—and being a little pudgy—was the norm. But three years ago, at 259 pounds, she was shopping for jeans and realized she had gone up yet another size. “Getting to a size 22 was my breaking point,” she says. Her plan: Join Jenny Craig to learn about healthy eating, and start walking.

**How she did it:** Nancy started walking at home (in Arlington, Texas) on an old treadmill she got from her aunt. To stay motivated, she watched musicals like *Hairspray* and *High School Musical* as she walked. Twice a week, she also walked the halls and stairs at the school where she teaches.

**The payoff:** Nancy shed a total of 100 pounds in 14 months, and two weeks before she turned 40 in April, she ran her first 5K. Now when she hits the mall to go jeans shopping, it’s much more fun. “Not only are there more choices, but clothes tend to fit on the first try,” she says.





**DOES**

**YOUR BREAKFAST**

**MAKE**

**YOU AMAZING?**



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HEARTIER TEXTURE. AND



NATURALLY FLAVORED. WE'RE MAKING  
OUR OATMEAL BETTER, STARTING WITH  
SOME OF YOUR FAVORITE FLAVORS,



SO YOU CAN BE AMAZING.

DOES YOUR BREAKFAST MAKE YOU AMAZING?™

GO TO [FACEBOOK.COM/QUAKER](https://www.facebook.com/quaker) TO FIND OUT.







WALKING  
LUNGES  
(A)



WALKING  
LUNGES  
(B)



SPEED  
SQUATS  
(A)



SPEED  
SQUATS  
(B)

## WALK #2 FAT BLAST

**Location:** Indoor mall or outdoor park

**Goal:** Burn fat with high-intensity cardio moves while increasing lower-body strength.

**Total time:** 41 min

**5 min** Warm up by walking at an easy pace; work up to a brisk pace.

**3 min** Do **walking lunges:** (A) Stand with feet together, hands on hips. (B) Step right foot forward about a foot or two, lowering body until right thigh is parallel to floor. Release, step left foot next to right, and repeat, this time stepping the left foot forward. Keep moving forward with each lunge.

**4 min** Walk briskly.

**1 min** Skip/walk briskly.

**2 min** Walk at a slow pace so you catch your breath (recovery walk).

**3 min** Walking lunges.

**4 min** Walk briskly.

**1 min** Skip/walk briskly.

**2 min** Recovery walk.

**3 min** Walking lunges.

**4 min** Walk briskly.

**1 min** Skip/walk briskly.

**2 min** Recovery walk.

**1 min** Do **speed squats:** (A) Stand with your back to a bench or chair, feet hip-width apart and arms at sides. (B) Lower body as if you're about to sit, extending arms in front of you. When thighs are parallel to floor, stand back up. Do as many as you can.

**30 sec** Recovery walk.

**1 min** Speed squats.

**30 sec** Recovery walk.

**1 min** Speed squats.

**1 min** Recovery walk.

**1 min** Do a **standing bend:** Bend forward until head is hanging. Put hands on elbows and breathe deeply. Let neck relax and feel your muscles release. ▶

## "I saved my own life"

**For her 50th birthday, Peg Williams** gave herself a trip: six days at the Cooper Wellness Program in Dallas. "I weighed 270 and even my 'fat clothes' didn't fit." At Cooper, Peg was diagnosed with pre-diabetes, dangerously high blood pressure and high LDL ("bad") cholesterol.

**How she did it:** Peg learned how to make simple lifestyle changes like replacing high-calorie foods with lower-calorie ones, eating breakfast, and upping her fruit and vegetable intake. She also resolved to make walking a priority. Peg travels for work, so she started seeking out treadmills in hotel fitness centers and stopped scheduling meetings before 9 A.M. to allow time for workouts.

**The payoff:** Peg started losing weight slowly, but within 21 months she was 130 pounds lighter. Now 52, Peg walks for 45 minutes to an hour six times a week. The best part: She no longer needs blood pressure



before



after

medication, and her cholesterol and blood sugar levels are under control. "It was never about getting the weight off quickly," she says. "It was about creating a new, healthier lifestyle."





## Kathy knows 75% of all Americans don't get enough Vitamin D!

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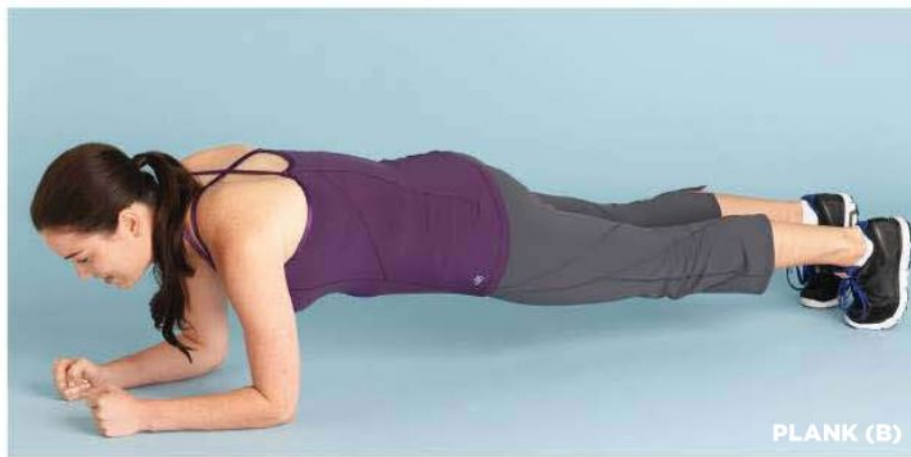
<sup>1</sup>Ginde A.A. Demographic difference and trends of vitamin D insufficiency in the US population, 1988-2004. Nat Rev Rheumatol. 2009 Aug; 5(8):417-8.

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Visit [www.walmart.com/springvalley](http://www.walmart.com/springvalley)

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### WALK #3 INDOOR POWER WALK

**Location:** A treadmill

**Goal:** Burn big calories by alternating harder and easier periods of work (intervals); build overall strength.

**Total time:** 46 min

**3 min** Warm up: Walk at an easy pace (3–3.5 mph at 1 percent incline).

**1 min** Walk fast (4.5–4.8 mph).

**1 min** Moderate-pace walk (3.5 mph).

**28 min** Continue alternating 1 min of fast walking with 1 min of moderate. Challenge: Increase the incline during the fast walk to 3–5 percent.

**3 min** Cool down with an easy walk (3–3.5 mph with no incline).

**10 min** Do the following strength exercises (repeat series up to 3 times):

**PLANK (A)** Lie facedown on floor with elbows under shoulders, feet hip-width apart. **(B)** Contract abs and press body off floor so only forearms ►

## “walking was better than surgery!”

**When Susan Hegarty, 42,** clocked in at 439 pounds in 2005, she knew she was in trouble. She turned to gastric bypass surgery, which enabled her to lose 80 pounds—but within 10 months she regained it all. “I don’t think I was ready to commit to keeping the weight off,” she says. After struggling for several more years, Susan hit rock bottom in 2008, when she was turned away from an amusement park ride because she couldn’t fit in the seat. “I knew right then and there that I needed to change my life or I was going to die,” she says.

**How she did it:** Her first step was to start walking around her neighborhood in Easton, Pennsylvania, though she could barely go half a mile. “I had horrible pains in my back and legs, sweated terribly, and was always very out of breath after walking a couple of blocks,” she says. Yet she stuck with it and eventually joined a gym, adding strength training to her program. At the same time, she scaled her food intake way back. “Food used to be my coping mechanism for everything in life, but that’s changed,” she says.



**The payoff:** Susan whittled 261 pounds off her frame in just two and a half years. She still wants to lose another 30 pounds and plans to use walking to get there. “When I was heavy, I

carried a lot of shame and self-loathing,” says Susan. “Being active has given me the confidence to develop relationships—including one with a very special man whom I’m marrying next year!”





## "MAN UP." WHAT A QUAIN T IDEA.

You begin the day fearless and end it unshaken. And helping you along is Summer's Eve Feminine Wash. True, it may not be the source of your strength, but it cleans your body so you can focus your mind. Gynecologist tested, pH balanced and hypoallergenic, it's a healthy splash of giddy-up every single morning.



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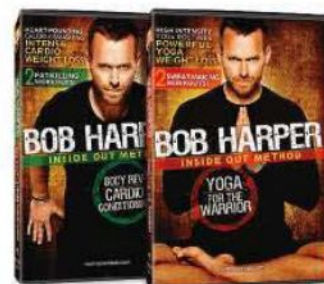
and feet are supporting body. (If this is too difficult, keep knees on floor.) Keep body in one straight line; hold 30 seconds, then release.

**PUSH-UPS (A)** Lie facedown on floor and place hands under shoulders, fingers forward. Keep knees on the floor and bend lower legs back, crossing at the ankles. Contract abs and lift upper body off floor until arms are almost straight.

**(B)** Keeping head in line with spine, lower

chest until you're about 3 inches from the floor. Push back up to starting position. Do 25 reps.

**TREADMILL SQUATS** With the treadmill turned off, put your feet on either side of the treadmill belt, hold the handlebars and lower your body toward the floor, keeping your knees over your ankles. Lower until your thighs are almost parallel to the floor. Release and return to start. Do 50 reps. **wd**



## WIN BOB'S DVDS

Get fit with Bob Harper at home! 20 readers will win the *My Trainer Bob Inside Out Method* DVD series (\$34.99 value). Snap on the tag to enter.



# "I was too fat to exercise"

**When Diane Shaw, 54,** caught wind of the American Heart Association's Heart Walk in 2002, she thought it would be a good team-building activity for her colleagues at the San Francisco Bay area transit company where she works. She planned to help raise money, but at 310 pounds she assumed she'd skip

the three-mile walk. "I couldn't even walk a few minutes without getting out of breath," recalls Diane. "I was worried that I just couldn't handle it." But when her teammates told her they wouldn't walk unless she joined them, she resolved to get into shape for the event.

**How she did it:** When Diane first started walking on a treadmill in the exercise room at work, she was only able to go for 7 minutes at a time. "I wondered how in the world I was ever going to walk three miles, but I didn't want to let my team down," says Diane, who was also motivated by a family history of heart disease and high blood pressure. Around the same time, she started keeping a food diary and paying close attention to nutrition labels. Two months later and 15 pounds lighter, she proudly crossed the finish line with her coworkers.

**The payoff:** Diane lost a total of 110 pounds in three years. After that first charity event, she stuck with her walking routine and also signed up for circuit-training classes at her workplace. She's now a regular at the Heart Walk, having done it nine times. She also completed a 39-mile walk for breast cancer in 2008. "I feel so much better than I did in my 20s; no one believes how old I am," she says.



before



after



# Everyone should love their bed. Do you?

## Discover the Sleep Number® difference

Do you wake up tired? Do you toss and turn in bed, trying to get comfy, restful sleep? At SLEEP NUMBER, we believe that every body is unique. So unlike the "one-size-fits-all" solution offered by other mattresses, the SLEEP NUMBER® bed offers a revolutionary choice—personalized comfort you control.

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Red areas reveal the pressure points created by an ordinary bed.



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CLINICAL **89%** Reported improved sleep quality  
STUDIES: **77%** Discovered increased energy

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We're so sure you'll sleep better, you can take up to one month to decide, or your money back! You've got to sleep on it to believe it.



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For a limited time, we'll send you a special \$50 Savings Card for inquiring about our revolutionary Sleep Number bed.‡



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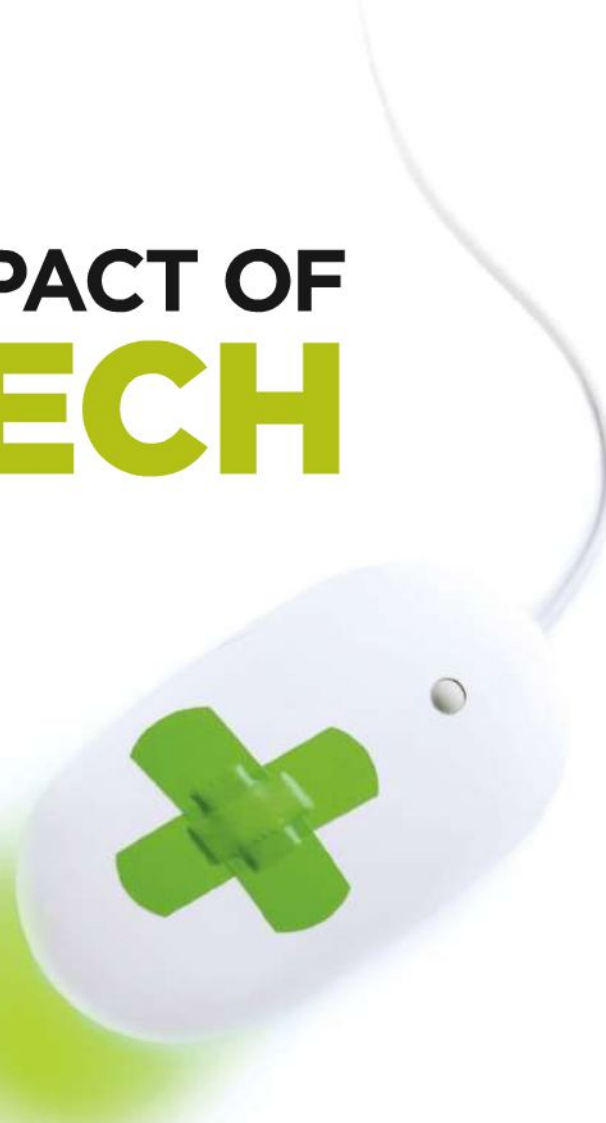
\*Descriptions of clinical studies conducted on the Sleep Number bed are available at 1-800-831-1211. †If not satisfied after 30 nights, call within 45 days of delivery to arrange return. We'll reimburse the purchase price less your initial shipping or Home Delivery and Setup fees. You pay return shipping. No returns or exchanges on adjustable bases, closeout or demo bed models. ‡For use toward the purchase of any Sleep Number bed or bedding items of \$100 or more. Restrictions apply. See card for details and expiration date. SLEEP NUMBER, SELECT COMFORT and the Double Arrow Design are registered trademarks of Select Comfort Corporation. ©2010 Select Comfort



# THE HEALTH IMPACT OF HIGH TECH

We now have access to more information, more people, more places than ever before. But is it good for our brains and bodies?

by Joan Raymond



**It's a fact of life that in the past three decades,** we've become the denizens of a digital world—and this benefits our health in many ways. Those of us who are newly diagnosed with a condition (or just wondering what's wrong) can find answers with just a few clicks.

We have access to more health information—and support if we're dealing with a diagnosis—than ever before. Smartphone apps alert us to take medication and log our diet and exercise routines. “Using technology to help people get healthier is very exciting,” says Giselle Mosnaim, MD, of Rush University Medical Center in Chicago, who is using peer-to-peer messages on MP3 players to help teens remember their asthma meds.

But this ubiquitous use of technology has a price: We can't put it down. And that can lead to aches, pains, blurry vision and a host of

other insults. “When used the right way, technology is extraordinarily powerful in changing our lives for the better,” says Alan Hedge, PhD, director of Cornell University's Human Factors and Ergonomics Program. “But humans weren't designed to be attached to a computer all day.” So what's a human to do? Luckily, most of our tech-related woes have an easy fix.

## SAY WHAT?

Back in the day, parents warned kids about loud music and hearing loss. Thankfully, most of us can hear just fine even if we did stand right next

to the speakers blasting our favorite rock band. But studies are showing that hearing loss is now on the rise, due to an aging population who has been exposed to more noise. About 16 percent of adults have trouble hearing someone talking, and an estimated 55 million adults over age 20 have lost some high-frequency hearing. Are we at greater risk today since we're attached 24/7 to our MP3 players? Possibly.

As we age, some hearing loss is inevitable as the delicate cells of the inner ear that transmit sounds to the brain lose function. But being exposed to constant loud noises, like rock music or roadwork, can cause those cells to die off faster, says Brian Fligor, ScD, director of diagnostic audiology at Children's Hospital Boston. How much hearing damage depends on your sensitivity, genetics, and how long and *(Please turn to 104)*





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100 CALORIES OF CAMPBELL'S® *SELECT HARVEST*® CHICKEN WITH EGG NOODLES SOUP



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**It's amazing what soup can do.™**





## HIGH TECH

CONTINUED loudly you play your music.

Dr. Fligor's research shows that 5 to 25 percent of us keep our MP3 players at too high a setting. "When it comes to an iPod or MP3 player, I tell people you can listen to one song loud, but you can't listen to every song loud," says Dr. Fligor, himself a former rock guitarist.

### PROTECT YOURSELF:

Keep the volume at about 60 percent of the maximum. If you use the earphones (or buds) that came with the player, you can listen all day at that setting. You can safely listen to music at 90 percent of the highest volume for about 20 minutes daily. Since background noise causes most people to turn the volume too high, buy earphones that block it out. Then rock on.

## I CAN'T SEE CLEARLY NOW

Considering office computers, home computers and Internet-enabled

phones, we log a lot of screen time—and it's adding up to major eye strain. About 70 percent of us who work on computers have some degree of eye problems, such as redness, irritation, blurry vision, difficulty focusing and mild headaches, says the American Optometric Association. It's not an official diagnosis, but some practitioners call these symptoms "computer vision syndrome."

The problem stems from many factors, such as poor positioning (having the computer screen too close or too far away), poor lighting or too much glare, and a lack of computer breaks. Even our blink rate is affected. People normally blink about 12 times per minute; when using the computer, our blink rate decreases to about 5 times per minute, causing the cornea to dehydrate. In response, the body makes more tears to rehydrate the eyes, causing watering and redness, explains ophthalmologist Ravi Berger, MD, of University Hospitals Case Medical Center in Cleveland. The good news is that the problems generally don't cause any permanent damage, says Dr. Berger.

**PROTECT YOURSELF:** Make sure your computer setup is eye-friendly,

with the screen just below eye level and an arm's length away from your face. Make sure the characters on the screen look sharp and are a comfortable size, says Dr. Hedge. Also, follow the 20-20 rule: Take a 20-second computer break every 20 minutes.

If your eyes are already bothering you, consider using artificial tears, which help keep eyes lubricated. (Stay away from redness-reducing drops, which can just cause more redness.) Other no-frills remedies: Gently massage the eye at the base of the lid (where eyeliner goes) and apply warm compresses. Of course, if the issue persists, see the eye doctor.

## MY COMPUTER IS KEEPING ME UP!

Researchers have found that the blue light of a computer screen and other tech gadgets has the potential to change our circadian rhythm, keeping us awake when we should be sound asleep. In fact, experts say too much exposure to this technology-generated blue light at night can disrupt the sleep-wake cycle. Naturally, blue light is more prominent during the day, so your body's response to it is to produce less of the sleep hormone melatonin.

**PROTECT YOURSELF:** Ideally, keep all technology out of the bedroom, even phones, DVD players and TV sets, says Sally Ibrahim, MD, of Cleveland Clinic's Sleep Disorders Center. One thing researchers know for sure is that too much stimulation from playing video games or surfing the Internet will disrupt sleep. So if you're having trouble sleeping, stop Internet surfing 2 to 3 hours before bed, and do something low-tech, like read a book—a paper one, of course. "Our bodies take their cues from natural day and night light—so we need to experience that," Dr. Ibrahim says. (Please turn to 108)

## do cell phones cause brain cancer?

**THE OFFICIAL ANSWER,** says a study of more than 5,100 people published in the *International Journal of Epidemiology*, is no. But consumer advocates and some researchers have questioned the results. Among their concerns: The study did show that about 10 percent of people who used their phone for 30 minutes a day for at least a decade had a "substantially" higher risk of some type of brain cancer than those who did not use a cell phone at all.

Other research has also had mixed results, but much of it may not even be relevant, says Max Wiznitzer, MD, a pediatric neurologist at University Hospitals Rainbow Babies & Children's Hospital in Cleveland. That's because many previous studies were done on analog phones (they're very rare these days), which emitted higher amounts of energy than the digital phones most of us use today.

Although Dr. Wiznitzer has concluded that there's no association between cell phone use and brain cancer, he says there are some things you can do if you're concerned—namely, keep conversations short and use a hands-free device to lessen the amount of exposure your head gets.





**“Oh, Yes I Can!”™**

**Still finding it tough to do everyday things?**

**ORENCIA may help.**

**ORENCIA** is an RA treatment that works differently. It's a prescription medication used to treat adults with moderate to severe RA and has been shown to:

- Relieve the pain, swelling, and fatigue of RA
- Control the advance of joint damage
- Help improve physical and emotional health-related quality of life

**ORENCIA has been proven to make a difference for many patients, including those who haven't been getting enough help from treatments such as methotrexate, Enbrel®, Humira®, and Remicade®.**

There are several treatment options for RA. Ask your rheumatologist if ORENCIA is right for you.

### Important Safety Information about ORENCIA:

Before you receive ORENCIA, tell your doctor if you:

- are prone to or have any infection like an open sore or the flu because an infection could put you at risk for serious side effects from ORENCIA. Call your doctor right away if you have a fever, feel very tired, cough, feel flu-like, or have warm, red, or painful skin.
- have a history of a chronic lung disease called COPD because you may get certain respiratory problems more often with ORENCIA such as worsened COPD, pneumonia, cough, or trouble breathing.
- have diabetes and are using a blood glucose monitor. Some monitors can give falsely high readings with ORENCIA on the day of your infusion.
- are nursing, pregnant, or planning to become pregnant. Talk with your doctor about whether to continue with ORENCIA.

- take any other medicines, especially other biologics for RA such as Enbrel®, Remicade®, Humira®, or Kineret®. Taking ORENCIA with biologics for RA may increase your chance of getting a serious infection.

ORENCIA can cause **serious side effects** including serious infections and allergic reactions. Also, certain kinds of cancers have been reported in patients receiving ORENCIA. It is not known if ORENCIA increases your chance of getting certain kinds of cancer. You should not receive ORENCIA with certain vaccines. ORENCIA may cause some vaccines to be less effective. Common side effects include headache, upper respiratory tract infection, sore throat, and nausea.

ORENCIA is a 30-minute IV infusion given by a healthcare professional, every 4 weeks after initial dosing regimen. If you have any questions about ORENCIA, talk with your doctor.



If you need help paying for prescription medicines, you may be eligible for assistance. Call 1-888-4PPA-NOW (1-888-477-2669), or go to [www.pparc.org](http://www.pparc.org).

**Please read the Important Facts on the following page.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**



**New and existing ORENCIA patients: you may be eligible\* for help with your copay. Find Out More.**

**Call: 1-800-ORENCIA Visit: [www.ORENCIA.com](http://www.ORENCIA.com)**

\*This program is a limited-time offer for eligible ORENCIA patients covered by commercial insurance only. Offer covers cost of medication copay only. Promotion may not be offered in some states. Other restrictions and exclusions may apply.





# IMPORTANT FACTS

ORENCIA® / Rx only  
(abatacept)

The information below does not take the place of talking with your healthcare professional. Only your healthcare professional knows the specifics of your condition and how ORENCIA® may fit into your overall therapy. Talk to your healthcare professional if you have any questions about ORENCIA (pronounced oh-REN-see-ah).

## RHEUMATOID ARTHRITIS (RA)

RA is a disease of the immune system which causes joint pain and damage, and impacts the ability to perform daily activities.

## ABOUT ORENCIA

ORENCIA (abatacept) is a prescription medicine that reduces signs and symptoms in:

- adults with moderate to severe RA, including those who have not been helped enough by other medicines for RA. ORENCIA may prevent further damage to your bones and joints and may help your ability to perform daily activities.

In RA, ORENCIA can reduce pain and joint inflammation, but it can also make your immune system less able to fight infection. ORENCIA can make you more likely to get infections or make any infection worse. It is important to tell your doctor if you think you have any infections.

## BEFORE YOU START ORENCIA

Tell your healthcare professional about all your medical conditions, including if you:

- Have an infection that won't go away or are prone to infections. If you have an infection when taking ORENCIA, you may have a higher chance for getting serious side effects.
- Have had tuberculosis (TB) or have been in contact with someone who has it. Tell your healthcare professional right away if you get a dry cough that does not go away, weight loss, fever, or night sweats.
- Have or have had viral hepatitis. Before you use ORENCIA, your doctor may examine you for hepatitis.
- Have a history of chronic obstructive pulmonary (lung) disease (COPD).
- Are scheduled to have surgery.
- Are allergic to any of the ingredients in ORENCIA such as: abatacept, maltose, monobasic sodium phosphate, or sodium chloride for administration.
- Recently received a vaccination or are scheduled for any vaccination. If you are receiving ORENCIA, you should not take live vaccines.
- Have diabetes and use a blood glucose monitor. You may get falsely high blood glucose readings with certain types of blood glucose monitors the day you receive an infusion of ORENCIA.

- Are pregnant or planning to become pregnant. It is not known if ORENCIA (abatacept) can harm your unborn baby. Bristol-Myers Squibb Company has a registry for pregnant women exposed to ORENCIA. The purpose of this registry is to check the health of the pregnant mother and her child. Patients are encouraged to call the registry themselves or ask their doctors to contact the registry for them by calling 1-877-311-8972.
- Are breast-feeding. You will need to decide to either breast-feed or receive treatment with ORENCIA, but not both.

**Tell your healthcare professional about all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Especially tell your doctor if you take other biologic medicines to treat RA such as:

- Enbrel® (etanercept)
- Humira® (adalimumab)
- Remicade® (infliximab)
- Kineret® (anakinra)
- Rituxan® (rituximab)

You may have a higher chance of getting a serious infection if you take ORENCIA with other biologic medicines for your RA.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new prescription.

## IMPORTANT INFORMATION ABOUT POSSIBLE SIDE EFFECTS WITH ORENCIA

ORENCIA can cause serious side effects including:

- **Serious infections.** Patients receiving ORENCIA have a higher chance of getting infections including pneumonia, and other infections caused by viruses, bacteria, or fungi. Call your doctor right away if you feel sick or get any of the following symptoms of infection, which may be early signs of a serious infection:
  - a fever
  - feel very tired
  - have a cough
  - have flu-like symptoms
  - warm, red, or painful skin
- **Allergic reactions.** Allergic reactions can happen on the day of treatment or the day after receiving ORENCIA. Tell your doctor or get emergency medical help right away if you have hives, swollen face, eyelids, lips, tongue, throat, or trouble breathing.

- **Cancer (malignancies).** Certain kinds of cancer have been reported in patients receiving ORENCIA (abatacept). It is not known if ORENCIA increases your chance of getting certain kinds of cancer.
- **Vaccinations.** You should not receive ORENCIA with certain types of vaccines (live vaccines). ORENCIA may also cause some vaccinations to be less effective. Talk with your doctor about your vaccination plans.
- **Respiratory problems in patients with Chronic Obstructive Pulmonary Disease (COPD).** You may get certain respiratory problems more often if you receive ORENCIA and have COPD, including:

- worsened COPD
- pneumonia
- cough
- trouble breathing

## Common side effects of ORENCIA include:

- headache
- upper respiratory tract infection
- sore throat
- nausea

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of ORENCIA. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## HOW WILL I RECEIVE ORENCIA?

- You will be given ORENCIA by a healthcare provider through a needle placed in a vein (IV or intravenous infusion) in your arm. It takes about 30 minutes to give you the full dose of medicine.

## GENERAL INFORMATION ABOUT ORENCIA

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ORENCIA for a condition for which it was not prescribed.

You can ask your pharmacist or doctor for information about ORENCIA that is written for health professionals. For more information, go to [www.ORENCIA.com](http://www.ORENCIA.com) or the company internet site at [www.BMS.com](http://www.BMS.com) or call 1-800-ORENCIA toll-free.



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# WDdiary

An inside look at *Woman's Day* events, promotions and special offers



## New Curel® Sensitive Skin Remedy™

Lotion for dry, irritated skin.

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## "Quick Cook™ 3 Minutes to Dinner" Sweepstakes

Visit [WomansDay.com/diary](http://WomansDay.com/diary) to enter for a chance to WIN all the essentials needed to prepare a delicious pasta meal, including Quick Cook™ pasta, cookware, utensils and more!\*

Quick Cook™ tastes just like regular pasta but cooks in only three minutes. A delicious dinner has never been so fast. Visit [quickcookpasta.com](http://quickcookpasta.com) for a money-saving coupon.

\*To enter, and for rules and more details, go to [www.WomansDay.com/diary](http://www.WomansDay.com/diary) from October 12, 2010, to November 16, 2010.



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New and improved BLUE™ cat food is both cat-preferred and mom-preferred. Chosen 2 to 1 over our original recipe, BLUE cat food is even more delicious and healthy.

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## Celebrate the Holidays with Post

Nothing brings the family together during the holidays like baking with tasty Post FRUITY PEBBLES and Post COCOA PEBBLES. Visit [WomansDay.com/diary](http://WomansDay.com/diary) to enter for a chance to WIN all the essentials needed to make this holiday season a treat, including a selection of Post cereals, top-of-the-line bakeware and more!

To enter, and for rules and more details, go to [www.WomansDay.com/diary](http://www.WomansDay.com/diary) from October 12, 2010, to November 16, 2010.



## "Give Thanks" Sweepstakes

Visit [WomansDay.com/diary](http://WomansDay.com/diary) to enter the "Give Thanks" Sweepstakes. This month, one lucky winner will receive \$500 to plan a healthy, happy Thanksgiving meal. The winner will have the option to donate any portion of the prize to a food shelf or other charitable organization.

To enter, for rules and more details, go to [WomansDay.com/diary](http://WomansDay.com/diary) from October 12, 2010, to November 16, 2010.

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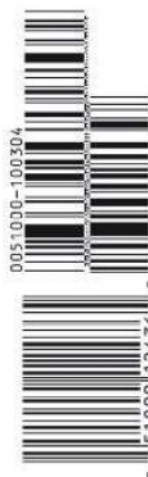
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## TEXTING, TWEETING, OUCHING!

Just when we think our ergonomically correct chairs and keyboards are enough to keep our neck, back, arms and hands out of trouble, along comes texting. Whether you call it "BlackBerry thumb" or "Twitter tendinitis," the problem is a repetitive stress injury.

"The thumb was never designed for that much use," says Tamara James, ergonomics director for Duke University & Health System. Indeed, the thumb is the least dexterous of our digits. Women are more at risk of developing thumb aches and even carpal tunnel syndrome from overuse issues on their PDAs and computers due to periodic fluid retention (menstruation, contraceptive pill use, pregnancy). Also, women only have about two-thirds of the muscle mass of their male counterparts, making pressing a key more work, says Dr. Hedge.

**PROTECT YOURSELF:** Obviously, keeping texting to a minimum is a key move. According to Dr. Hedge, researchers know that maximum "safe time" for thumb usage is about two hours a day. And keep your replies simple. Don't text a paragraph when a simple yes or no will do. If you're aching, ice the area. If that doesn't help or you're in a lot of pain, see a doctor, who may suggest splints or cortisone shots.

## TOO CONNECTED?

Sure, we can keep tabs on our kids and stay in touch with friends via email and Facebook. But according to Stanford University research, nearly 1 in 8 people say they find it hard to stay away from the Internet for several days.

Indeed, our love affair with technology borders on a "mild case

of obsessive-compulsive disorder," says Robert Leahy, PhD, director of the American Institute for Cognitive Therapy in New York City. "We think that if we miss an email or a call the world will end." Dr. Leahy says some patients even interrupt their own therapy sessions to reply to email and texts. Others worry why people aren't responding to their messages quickly enough.

There is some preliminary research showing that all of our gadgets may be changing our brain wiring, though scientists are not in agreement on this. The theory is that the constant stimulation provokes a kind of excitement—a burst of dopamine (the feel-good chemical your brain produces). When we don't get that boost, we start to feel let down, so we crave it more, much like an addiction. In some people, that can lead to trouble focusing (since they're always stopping to check email and such). Research also shows that multitasking uses different areas of the brain. The more we're doing simultaneously, the harder the brain works and the more inefficient it becomes, says Alexander Rae-Grant, MD, associate director of the Cleveland Clinic Lou Ruvo Center for Brain Health.

However, other studies show that avid video game players have better visual acuity and computer users may be building more neural networks. (For more on the upside of being connected, go to [womansday.com/benefits](http://womansday.com/benefits).)

**PROTECT YOURSELF:** Remember that most messages are really not urgent. Establish limits. Try an email- and cell phone-free zone between 6 and 9 P.M. And consider how the people you're with feel when you're always checking messages. Better yet, ask them whether it's OK. "When people say it makes them feel bad, that's a powerful motivator to change," says Dr. Leahy. **wd**



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Women ages 40 to 64 are just as vulnerable to developing a mental health issue as teens and young adults. What's behind this troubling trend

# depression at midlife

by Cheryl Platzman Weinstock

**Six years ago**, Ruth White woke up in the middle of the night with an overwhelming urge to smother her 7-year-old daughter and then kill herself.

"I called a girlfriend from another part of the house because I was too scared to go back in the bedroom, where my daughter had been sleeping beside me," recalls Ruth, now 46 and a professor of social work at Seattle University. "I stayed on the telephone with my friend most of the night. She said if things got crazy she would call 911. Luckily, she didn't have to. I got myself together enough to drop off my daughter at school the next morning and then went straight to my therapist's office and broke down."

Ruth's therapist diagnosed her with bipolar disorder, a type of depression characterized by periods of manic "highs" and depressed "lows" also known as manic depression. She immediately started on medication and agreed to enlist friends and family to help care for her and her daughter until she was stable. "I had recently moved to Seattle and begun a new, demanding career, and my 12-year relationship [with my daughter's father] was on the rocks," says Ruth. "There was evidence of my illness before—most dramatically, after my daughter was born, I had serious postpartum depression. But I went to counseling and got through it. This time, I think the stress of so many changes broke me."

During the months that followed, Ruth struggled through treatment and was even hospitalized for a week, but since then she's been doing well. (She has been symptom-free for the past two years and recently wrote a book, *Bipolar 101*.) Her case may sound extreme, but being diagnosed at midlife (usually defined as ages 40 to 64) with a mental health problem—depression in particular—is not uncommon. Research shows that the (Please turn to 112)



## DEPRESSION

**CONTINUED** odds of being diagnosed with depression peak at age 44, and more than 15 percent of women ages 45 to 64 experience frequent depression, according to the United States Department of Health and Human Services. And experts think that in reality, that number could be even higher, because many cases go unreported. Even scarier is the fact that people ages 45 to 54 now have the highest rates of suicide, according to the Centers for Disease Control and Prevention.

Indeed, with all the changes we face at midlife—sending our kids to college, caring for ailing parents and possibly dealing with health issues ourselves—it makes sense to experts that this is a time when depression tends to crop up. It's also a period when many of us have concerns about relationships (divorce rates

spike at middle age), finances (it's harder to recoup from a late-career layoff, and retirement age is near) and our general plans for the rest of our lives, says psychologist Dan Gottlieb, PhD, host of the Philadelphia radio show "Voices in the Family."

Certainly not everyone who faces these issues will develop depression, a disorder that scientists believe has to do with problems in the brain circuitry and possibly an imbalance of mood chemicals. One thing that increases your risk substantially: family history. "Genetics is a major risk factor for developing a psychiatric disorder," explains Shari I. Lusskin, MD, director of reproductive psychiatry at New York University School of Medicine. That means if a parent or sibling had a



**"If someone had cancer they would seek out help to save their life. We have to take away the stigma that goes along with something being wrong with the brain. It's just another body part."**  
**Ruth White**

mental health issue, you're at higher risk yourself.

Family history almost certainly played a role when depression hit Susan Polis Schutz, now 65, five years ago. The Boulder, Colorado, resident, a successful author known for her poetry and greeting cards, was a "positive, take-charge person" for most of her life. Although her

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DIETARY SUPPLEMENT



father and many of his relatives suffered from depression, she was surprised to be facing it herself. "After years of working intensely and actively raising three children, I was very tired mentally. I had just finished my autobiography, which I had worked on for 10 years, and once it was over I was left with a sense of emptiness. Under normal conditions, I think it would've bounced right off me, but probably because of my strong genetic predisposition, my foundation cracked. I went to bed and stayed there for three months," she says. "Fortunately, therapy, medication and support from my family helped me get better, but I realized that most depressed people feel so little hope. That's why I wrote *Depression and Back*—to let others know that depression is an illness and they're not alone in facing it."

But a predisposition to depression can put you at risk at any time in your life, so why are so many women being diagnosed at middle age? Part of the reason is that more women feel comfortable speaking up and are being diagnosed since more celebrities like Brooke Shields and J.K. Rowling (of *Harry Potter* fame) have publicly spoken about their battles with depression. The (Please turn to 114)

## RECOGNIZING THE SYMPTOMS

When you hear "depression," you may think of feeling sad and not wanting to get out of bed. While those are common symptoms, some subtle signs can be confused with being stressed. The difference: "Depression symptoms come and stay; they're not there for just a few days," says Paula Clayton, MD, medical director of the American Foundation for Suicide Prevention. If you're feeling—and acting—different from your usual self for two weeks or more, talk to your doctor or a mental health expert, says Nada Stotland, MD, MPH, past president of the American Psychiatric Association. Another crucial point: Often, the depressed person doesn't have the motivation or energy to get help and may need a friend to encourage her. Signs to watch for:

- Extreme irritability
- Fatigue/lack of energy
- Trouble falling asleep or staying asleep
- Inability to concentrate
- Not enjoying the things you used to
- Losing or gaining weight
- Withdrawing from friends and family
- Feeling hopeless or worthless
- Consistently drinking more alcohol than usual
- Thinking about self-harm or suicide, or wishing for death

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## DEPRESSION

CONTINUED fact that antidepressants are now so heavily advertised has perhaps helped lift some of the stigma, too: As we hear about depression in the context of having a tangible treatment, it's easier to understand that it's a real physical disease. But there are other factors at play.



**"Most depressed people feel all alone and think they have little hope of recovery. They need to know that there is hope for them to regain their happiness."**  
Susan Polis Schutz

## how hormones put women at risk

Although the average age of menopause is 51, perimenopause—the period of several years leading up to it, when estrogen and progesterone levels start to decrease—is actually considered riskier for mental health problems. Recent research, including some conducted by Peter Schmidt, MD, a psychiatrist and head of the behavioral endocrinology program at the National Institute of Mental Health, suggests that hormonal fluctuations may increase a woman's vulnerability to depression.

"When estrogen levels fluctuate, brain chemicals that regulate mood—serotonin, dopamine and norepinephrine—also get disrupted, which can in turn lead to depression," explains Stephen Stahl, MD, PhD, adjunct professor of psychiatry at the University of California San Diego.

Of course, some women are at greater risk than others. "Women who've had depression or hormone-related mood issues before, like postpartum depression or premenstrual mood changes so severe they interfere with daily functioning [also called premenstrual dysmorphic disorder or PMDD], are at higher risk for depression during perimenopause," says Gail Saltz, MD, associate professor of psychiatry at New York Presbyterian Hospital.

Changing hormones may have been the main trigger for Cindy Lail's depression. Cindy, 55, of Lawrenceville, Georgia, remembers how awful she began feeling at 41. "Around the time that my periods started being irregular, I got really down," she recalls. "I didn't enjoy anything anymore, but I didn't know what was happening. I just wanted to stay in bed and I got irritated very easily," she says. One day, during a routine checkup, Cindy broke down crying and told her doctor everything she had been feeling.

Fortunately, Cindy's doctor prescribed an antidepressant, and also referred her to a psychiatrist for therapy sessions and to monitor her (Please turn to 119)

## WHO'S AT RISK?

Anyone can develop depression, but you're more susceptible if you:

- Have a family history of depression or another mental health problem
- Have a personal history of depression or another mental health problem (including postpartum depression)
- Are facing a major life stressor (losing a job, relocating, losing a loved one, getting divorced, etc.)
- Are going through hormonal changes. The riskiest times in a woman's life are adolescence, after pregnancy, and perimenopause (which leads up to menopause).

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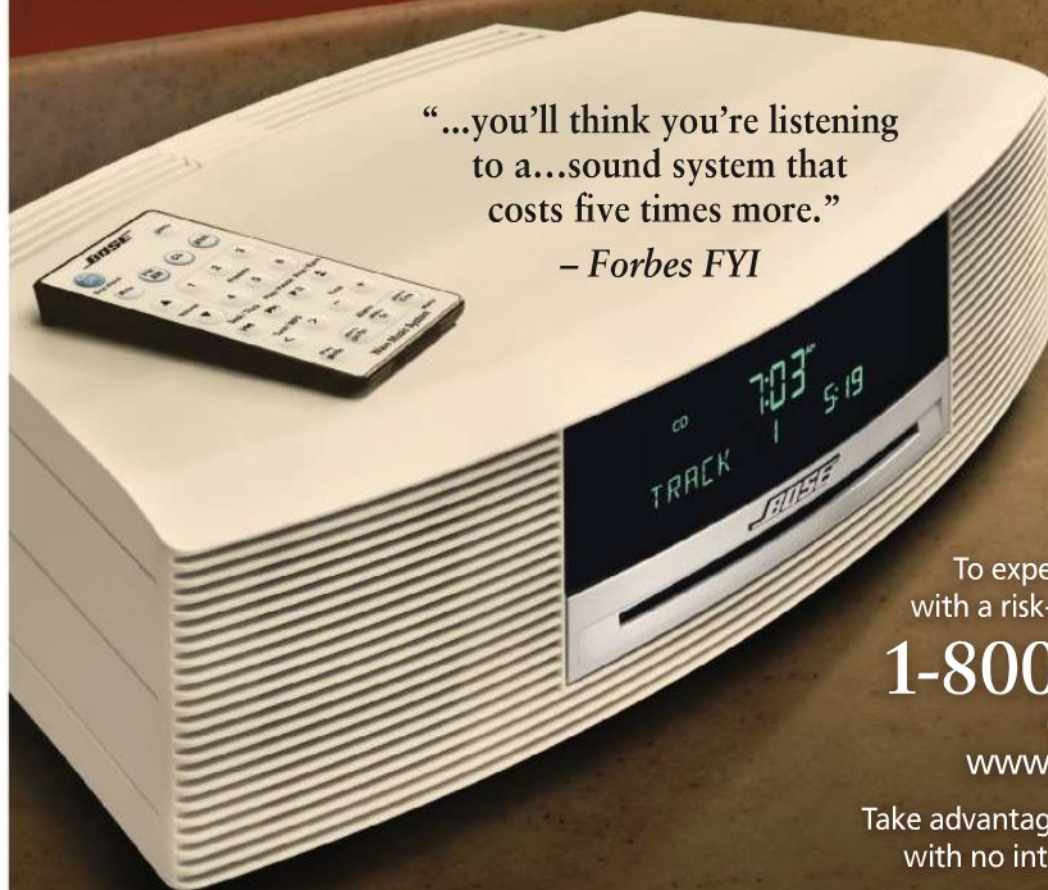
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**"Some people tell themselves, 'Oh, my mom was the same way during menopause, so this is normal.' Don't just accept it as normal. If you don't feel well, ask for help."**  
**Cindy Lail**

medication. But many women delay treatment because they mistakenly think it's temporary fluxes in hormones that will resolve on their own. If your symptoms are severe or persistent, whether or not you're nearing menopause, it's worth talking to your doctor or a mental health professional who can help you figure out how to feel better.

## the stress factor

Stress can be a problem at any age, but for women in their 40s and 50s who are saddled with responsibilities for both young children and aging parents, it can become overwhelming. Part of the so-called "sandwich generation," many women today are in roles that weren't typical for their own mothers, since they also have careers outside the home, says Katherine Muller, PsyD, director of psychological training at Montefiore Medical Center in New York. "When you're tense, levels of the stress hormone cortisol go up," explains Pam Peeke, MD, MPH, author of *Body for Life for Women*. When chronically elevated, "cortisol affects the balance of mood chemicals in the brain in such a way that you're more susceptible to depression."

Although depression and other mental health problems can't always be prevented, nurturing yourself can help reduce the risk. "Start small," says Dr. Muller. "It could be as simple as taking 10 minutes alone to listen to music or reading a book while you're waiting to pick up your kids from soccer practice. You just need some downtime to put your mind in another space."

Trying to gain some control over the stressful situation is also important. "It's not just the stressor per se that causes depression but the perceived inability to do anything about it," says Alice D. Domar, PhD, a psychologist and executive director of the Domar Center for Mind/Body Health in Massachusetts. "So if you could, say, take turns with your siblings to care for your parents, you would be less likely to become depressed." (Please turn to 120)

## THE ANXIETY-DEPRESSION CONNECTION

Anxiety disorders and depression often go hand in hand. "One third of depressed patients will have anxiety attacks," says Dr. Clayton. If you're noticing symptoms of anxiety, be sure to mention them to your health care provider, as your treatment plan may need to be tailored. These include:

- Persistent worry; obsessing over distressing thoughts
- Feelings of tension, including backaches and neck pain
- Palpitations (a racing heart) or shortness of breath
- Sweaty hands or feet
- Feeling fidgety, pacing, wringing your hands
- Panic attacks (episodes of intense fear that come on suddenly; some people have a racing heart, feel dizzy or nauseated, think they're having a heart attack or feel like they need to escape)

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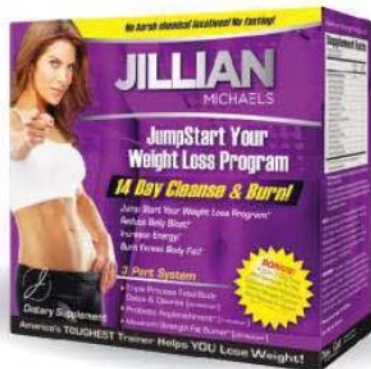
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## DEPRESSION

CONTINUED Dr. Peeke agrees: "A good caregiver is a healthy caregiver. That might mean arranging for someone to watch your mother while you go for a run, or even finding a good facility for her instead of caring for her at home."

## thinking too hard?

Another issue that crops up at midlife is the tendency to evaluate and analyze "life so far," says Dr. Muller. It's natural to do some navel-gazing, but in some cases it can lead people to evaluate themselves too harshly. "Midlife is when we face that our youthful dreams may not all come true," says Dr. Domar. It's also a time when other life events—sending kids off to college, dealing with our own aging body, or losing a parent or spouse—prompt us to look at things in a different light.

"We start to question what has or hasn't happened in our lives," says Dr. Gottlieb. "We wonder, 'Is this the marriage or career I want? I might live another 40 years; what am I going to do with that time?' In my practice I find that men often act on their emotions (hence the stereotypical guy buying a sports car) and think about why after, whereas women spend more time analyzing how they feel. For some, these thoughts inspire change, but for others they lead to hopelessness, which can turn into depression."

When facing these kinds of big questions six years ago, Linda Nagamine, 60, slipped into a deep depression. "I worked in the airline industry but wondered if I should be doing something different with my life, and I felt like my marriage was in jeopardy," recalls the Honolulu resident. "It seemed like I was losing control." The perceived stigma almost kept her from getting the help she needed. "I thought maybe I would be treated differently if anyone knew, so I sneaked in the side entrance of my



employee assistance program office so no one would see me." Linda was referred to a psychiatrist and took medication for four months, which helped her feel well enough to work on her marriage (she just celebrated her 34th wedding anniversary) and make new career goals. She became an inventor and created a handbag accessory called the Fun Key Finder.

Of course, thinking about life and what you want out of it can be positive and useful. "It's when it turns into rumination—when you keep harping on 'Why did I do that?' or 'Why *didn't* I do that?' and you don't take action—that it becomes a problem," says Dr. Peeke. Ruminating can provoke anxiety and raise levels of stress hormones, which, in vulnerable people, can lead to depression. "When you find yourself ruminating, give yourself a little talk," says Dr. Peeke. "Tell yourself, 'Stop right now; this is getting me nowhere.'" Break down your problems and concerns one by one. If you can't do that on your own, or if you think your worries have already escalated into depression, seek help as soon as possible.

## getting help

If there's one thing experts emphasize, it's that depression is very treatable. For many people, a combination of therapy and medication (which can take 4 to 6 weeks to kick in) works. Some people do get better solely from talk therapy, which is helpful because it allows you to voice your feelings and get guidance as you work through them. One type, cognitive behavioral therapy, focuses on changing harmful patterns of thinking.

If you do take antidepressants, know that you may have to try a few before finding one that works—and you won't necessarily need to take them forever. "Some people need medication for a limited time to get through a rough period, but others may need it throughout life," says Dr. Clayton. Most of the popular drugs fall into two categories: SSRIs (selective serotonin reuptake inhibitors) like Paxil and Prozac increase the availability of the brain chemical serotonin. SNRIs (serotonin-norepinephrine reuptake inhibitors) like Effexor and Pristiq boost levels of serotonin and norepinephrine, another mood-boosting chemical.

Several small studies have suggested that hormone therapy (HT)—and low-dose estradiol (a form of estrogen) in particular—can treat depression in perimenopausal women, says Dr. Schmidt. However, it's not officially approved for this purpose, and using it could raise breast cancer and stroke risk. Women who are at risk for breast cancer or clotting disorders should be extremely cautious about using HT, and anyone who chooses to use it should do so for the shortest amount of time possible. **wd**



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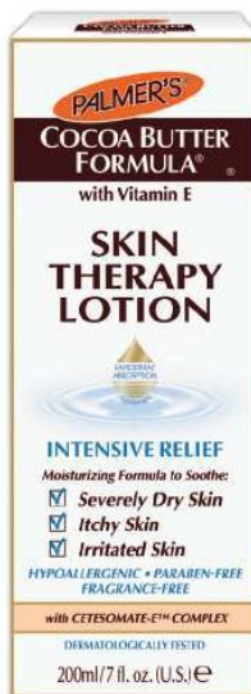
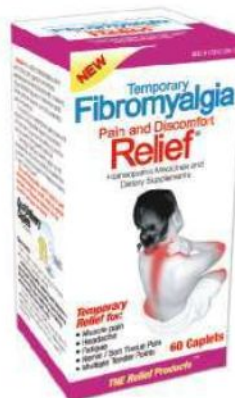
It's a quick and easy way to refresh, relax and rejuvenate. Available at CVS, Walgreens, drugstores and supermarkets.

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## Relief For Fibromyalgia!

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## New Hair Remover... Just Spray & Wipe Away!

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[DepilSilk.com](http://DepilSilk.com)

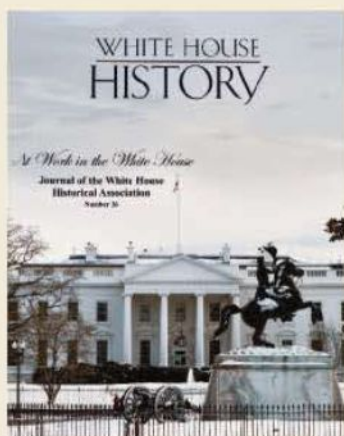


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# eat well

## POTATO PRIMER

Americans will each eat nearly 130 pounds of potatoes this year, according to the USDA. Good thing there are thousands of varieties—including these six favorites—to choose from.

Look for firm, smooth skins and no sprouting (a sign nutrients are depleting). Store potatoes in a cool, dark place; never refrigerate or freeze, since cold causes their starch to convert into sugar. Thin-skinned waxy spuds should be used within a week, while starchy ones can last months. Turn the page to find out which to boil, which to bake and which to fry, French-style.

blue or purple

fingerling

yellow

white

red

russet



## which spud's for you?

**Blue or purple:** Slightly starchy with an earthy flavor, these tender South American natives, now grown in the U.S., are best roasted, baked, steamed or boiled.

**Fingerling:** Give your peeler the night off. These waxy thin-skinned small-fries are perfect for steaming, boiling and roasting, skin on.

**Yellow:** Boil these waxy spuds (their creamy centers won't crumble) and mash them. Also tasty steamed or roasted.

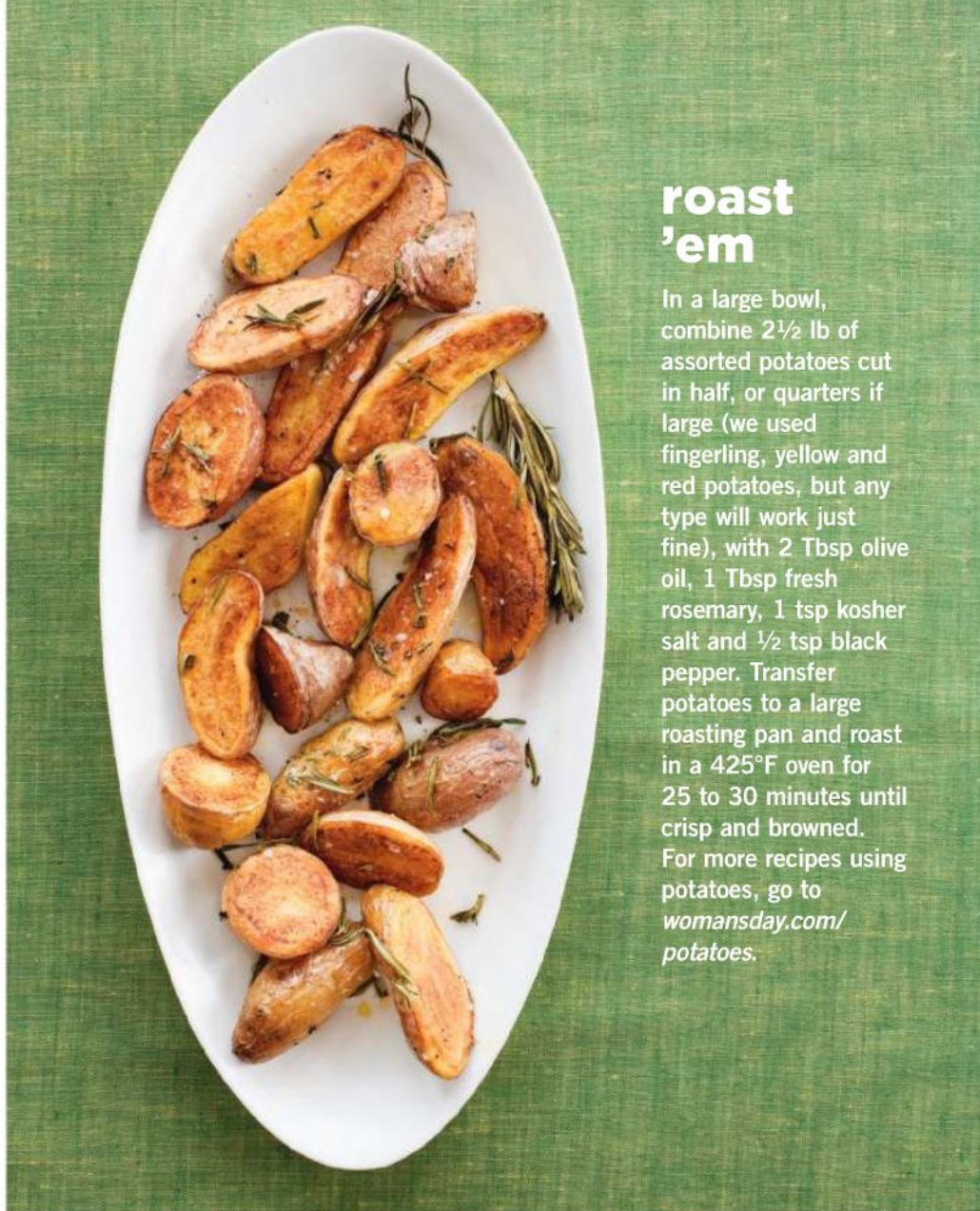
**White:** Starchy-waxy hybrids, these hold up well in scalloped or au gratin casseroles, soups and stews.

**Russet:** Heavy on the starch, these most widely used taters are ideal for frying or baking whole.

**Red:** Popular in potato salads, these staples are great for boiling, steaming, roasting, and using in casseroles and soups.

## not using your taters right away?

Keep them from sprouting buds by storing in a brown paper bag alongside a ripe apple. The fruit emits ethylene gas, which suppresses the growth of potatoes' cells to prevent sprouting.



## roast 'em

In a large bowl, combine 2½ lb of assorted potatoes cut in half, or quarters if large (we used fingerling, yellow and red potatoes, but any type will work just fine), with 2 Tbsp olive oil, 1 Tbsp fresh rosemary, 1 tsp kosher salt and ½ tsp black pepper. Transfer potatoes to a large roasting pan and roast in a 425°F oven for 25 to 30 minutes until crisp and browned. For more recipes using potatoes, go to [womansday.com/potatoes](http://womansday.com/potatoes).

## tater tricks

Use these cooking tips to make sure your spuds aren't duds.

► **Roasting** For the crispiest results, roast potatoes in a single layer and toss only once. Too many potatoes and frequent turning creates overly soft spuds.

► **Baking** Don't wrap in aluminum foil; it traps moisture, making potatoes mushy. Instead, poke a few holes on top with a fork (so steam can escape) and place on an ungreased baking sheet to cook.

► **Frying** Heat oil first to sear the outside. This creates a crunchy coating so fries won't absorb too much grease.

► **Boiling** For potato salad, fill a pot with cold water, drop in cubed spuds and then turn up the heat. The gradual heating of the water prevents pieces from breaking apart. Mashing? Make sure cubes are of equal size so they cook evenly.

### WIN A MANDOLINE SLICER



Slicing vegetables is a cinch with the OXO Good Grips V-Blade Mandoline Slicer. It has blades for julienne, straight and wavy cuts. Go to [bedbathandbeyond.com](http://bedbathandbeyond.com) to purchase, or be one of 25 readers to win one from OXO (a \$39.99 value). Snap on the tag to enter.



TOP: BURCU AVSAR; RECIPE BY WOMAN'S DAY FOOD DEPARTMENT; FOOD STYLING BY STEPHANA BOTTOM; PROP STYLING BY PHILIPPA BRATHWAITE. BOTTOM: ANNIE SCHLECHTER.





## *BBQ Chicken Pizza.*

*So tangy, so saucy, better stock up on napkins.*

Get messy with some down-home BBQ on a crispy thin crust. Another restaurant-inspired creation from CPK®. In your grocer's freezer.

*Creativity on a Crust.™*







sausage & kale soup  
recipe, page 136



# SOUP'S ON!

Serve these delicious one-pot wonders with a tossed salad for a family-friendly meal in an hour or less



butternut squash soup  
recipe, page 136

PHOTOGRAPHS BY PHILIP FICKS





chicken potpie soup  
recipe, page 138

RECIPES BY WOMAN'S DAY FOOD DEPARTMENT; FOOD STYLING BY FRANK P. MELODIA; PROP STYLING BY KARIN OLSEN.



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The best part of your day starts with warm toasty  
**Eggo® Nutri-Grain®** Waffles, made with whole grain.





italian pasta  
& bean soup  
recipe, page 141





PAM HELPS YOU PULL IT OFF™





loaded-with-  
veggies soup  
recipe, page 141





# YOUR TASTE BUDS HAVE BEEN SLEEPING ALL DAY. WAKE 'EM UP.



## Shopping list:

Pace® Picante Sauce  
olive oil  
medium onion  
boneless beef sirloin

## PICANTE SAUCE BEEF STEAKS WITH SAUTEED ONIONS

Prep Time: 5 min.

Cook Time: 25 min.

Servings: 4

- Heat 1½ tsp. olive oil in a 12" skillet over medium-high heat.
- Cut 1 lb. of ¾" thick beef sirloin into 4 pieces and cook til well browned on both sides. Remove from skillet and pour off any fat.
- Heat another 1½ tsp. olive oil and cook about 1 cup of thinly sliced onions til tender, giving it a stir now and then.
- Stir in 1 cup of Pace Picante sauce for texture and spark.
- Put the steak back in the skillet and turn the heat down to medium.
- Cook a bit longer. At 2 minutes your steak will be medium and your taste buds will be standing at attention.



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beef, shiitake  
& barley soup  
recipe, page 142

## TALK SOUP

- Before pots were created to withstand the heat of an open flame, people placed warm stones into bowls of liquid broth to cook their soup.
- In 1897, the Campbell Soup Company offered just five kinds of canned soup: tomato, chicken, vegetable, consommé and—get this—oxtail. Chicken noodle, now its most popular variety, didn't come along until 1933.
- We've been spooning up soup since 6000 BC. But back then, cream of mushroom wasn't on the menu. Our ancestors flavored their broth with hippopotamus bones.

*Source: Campbell Soup Company*



sausage &  
kale soup

## sausage & kale soup

MAKES 8 CUPS; SERVES 6

ACTIVE: 10 MIN TOTAL: 35 MIN

- 8 oz fully-cooked smoked turkey sausage, sliced
- 1 medium onion, chopped
- 1 Tbsp minced garlic
- 6 cups reduced-sodium chicken broth
- 3 medium Yukon Gold potatoes (about 1¼ lb), peeled and cut in ½-in. chunks
- 12 oz fresh kale, stems removed and leaves chopped (8 cups)
- Crushed red pepper (optional)

1. Heat a 5-qt pot over medium-high heat. Add sausage and sauté 5 minutes or until browned.
2. Add onion and garlic; sauté 3 minutes or until onion starts to soften. Add broth and bring to a boil.
3. Stir in potatoes and kale. Simmer, partially covered, 10 to 12 minutes or until potatoes and kale are tender. Serve with crushed red pepper, if desired.

Per serving: 202 cal, 11 g pro, 31 g car, 4 g fiber, 4 g fat (1 g sat fat), 25 mg chol, 852 mg sod

## butternut squash soup

An homage to the decadent butternut squash soup at New York City prepared food store Yura on Madison Avenue. ►



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mybagelbites.com

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## eat well tonight

butternut  
squash soup



MAKES ABOUT 10 CUPS; SERVES 8

ACTIVE: 15 MIN TOTAL: 45 MIN

- 3 Tbsp unsalted butter
- 1 large onion, chopped
- 2 large Gala apples, peeled, cored and chopped
- 3 lb butternut squash, peeled and cubed (8 cups)
- 1½-in. piece fresh ginger, thinly sliced
- 1 box (32 oz) chicken broth
- 1 cup apple cider or juice
- ½ tsp kosher salt, or to taste
- ¼ tsp freshly ground black pepper
- ½ cup heavy cream

### Gruyère Toasts

- 16 slices (½-in. thick) baguette
- 2 oz Gruyère cheese, finely shredded

1. Melt butter in a 5-qt pot over medium-high heat. Stir in onion and apples; sauté 5 minutes or until onion is translucent.
2. Add butternut squash, ginger, chicken broth, cider, salt and pepper. Bring to a boil; reduce heat, cover and simmer 20 to 25 minutes or until vegetables are very soft. Let cool for 5 minutes.
3. Heat broiler for Gruyère Toasts. Process soup in very small batches in a blender or food processor until smooth (alternately, use an immersion blender to purée). Return soup to pot and add cream. Season with salt to taste. Warm over low heat, if necessary.
4. Meanwhile, place baguette slices on foil-lined baking sheet. Broil 2 to 3 minutes or until golden brown.

Take toasts out of oven, turn over and sprinkle each slice with some Gruyère. Broil 2 to 3 minutes until cheese is bubbly and melted. Serve with soup.

Per serving: 265 cal, 6 g pro, 35 g car, 5 g fiber, 12 g fat (8 g sat fat), 40 mg chol, 514 mg sod

## chicken potpie soup

MAKES 8 CUPS; SERVES 6

ACTIVE: 15 MIN TOTAL: 48 MIN

- 1 Tbsp butter
- 1 leek, white and light green part only, halved lengthwise and sliced
- 2 medium carrots, sliced
- 1 medium parsnip, diced
- 1 stalk celery, sliced
- ¼ cup flour
- 6 cups reduced-sodium chicken broth
- 1½ lb boneless, skinless chicken thighs
- 2 tsp fresh thyme leaves
- ½ tsp kosher salt, or to taste
- ¼ tsp freshly ground black pepper
- 1 sheet frozen puff pastry (from a 17.3-oz box of 2), thawed as package directs
- 4 oz fresh green beans, trimmed and cut into 1-in. pieces

1. Heat oven to 400°F.
2. Melt butter in a 5-qt pot. Add leek, carrots, parsnips and celery. Sauté 5 minutes or until softened slightly. Add flour and cook, stirring for 1 minute.
3. Stir in broth. Add chicken, thyme, ►

chicken  
potpie soup





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<b>Totino's® Pizza Rolls®</b>	<b>Pre-Fried</b>	<b>10</b>	<b>1.5</b>

# Bagel Bites®

Made with

- ✓ Real Cheese
- ✓ 8g Protein per serving
- ✓ 0g Trans Fat per serving

Nutritional information for Totino's found on product packaging. Comparisons based on 1 serving of Bagel Bites cheese and pepperoni, and 1 serving of Totino's pepperoni Pizza Rolls. Totino's and Pizza Rolls are trademarks of General Mills Marketing, Inc., which is not associated with H.J. Heinz Company. © H.J. Heinz Company, L.P. 2010. All rights reserved.

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salt and pepper and bring to a boil. Cover and simmer 20 minutes or until chicken is cooked through.

4. Meanwhile, unfold puff pastry on a cutting board. Cut along folds in dough and then quarter crosswise to make 12 rectangles. Place rectangles on ungreased baking sheet.

5. Bake 12 minutes or until puffed and golden brown. Let cool.

6. Remove cooked chicken to a plate to cool slightly. Add green beans to simmering soup; cook 5 minutes or until tender. Remove soup from heat.

7. As the green beans cook, shred chicken with fingers or two forks. Add to soup. Top with puff pastry or serve it on the side.

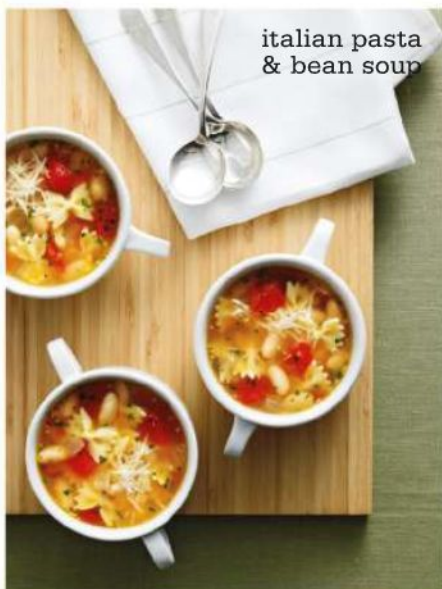
Per serving: 383 cal, 18 g pro, 31 g car, 3 g fiber, 20 g fat (4 g sat fat), 59 mg chol, 810 mg sod

## italian pasta & bean soup

MAKES 9 CUPS; SERVES 6

ACTIVE: 5 MIN TOTAL: 25 MIN

- 1 Tbsp plus 2 tsp extra-virgin olive oil
- 1 medium onion, chopped
- 2 Tbsp minced garlic
- 6 cups reduced-sodium chicken broth
- 1½ cups farfallini (small bowtie pasta), tubettini or other small pasta
- 2 cans (about 15 oz each) cannellini beans, rinsed and drained



italian pasta & bean soup

1 can (14.5 oz) diced tomatoes in juice

½ cup chopped parsley

¼ cup grated Parmesan

1. Heat 1 Tbsp of the oil in a 3-qt saucepan over medium-high heat. Add onion and sauté 5 minutes or until light golden. Add garlic and cook, stirring for 1 minute.

2. Add broth and bring to a boil. Add pasta and cook 5 minutes.

3. Stir in beans and tomatoes; cook 4 minutes or until pasta is tender. Remove from heat.

4. Stir in parsley, cheese and remaining 2 tsp oil.

Per serving: 228 cal, 10 g pro, 33 g car, 7 g fiber, 6 g fat (1 g sat fat), 3 mg chol, 861 mg sod

## loaded-with-veggies soup

Inspired by the Thirty Vegetable Soup served at NYC restaurant Osteria del Circo; you can find the original recipe in *The Maccioni Family Cookbook*.

MAKES 13 CUPS; SERVES 9

ACTIVE: 15 MIN TOTAL: 45 MIN

- 3 cans (15.5 oz each) cannellini beans, rinsed and drained
- 1 can (14.5 oz) diced tomatoes
- 4 cups water
- 1 large onion, chopped
- 2 Tbsp minced garlic
- 2 tsp dried Italian seasoning
- 1 tsp kosher salt, or to taste
- ½ tsp freshly ground black pepper
- ½ bulb fennel, chopped, or 4 cups chopped celery
- ½ small butternut squash, peeled and cut into ½-in. pieces, or 4 medium carrots, chopped
- 1 medium zucchini (8 oz), halved lengthwise and sliced
- 8 oz broccoli rabe (thick stems removed), cut crosswise into 1-in. strips, or 8 oz broccoli florets
- 1 cup frozen peas
- Olive oil

1. Purée beans and diced tomatoes with their juice in food processor, in batches, if necessary. Pour into a 6-qt pot. Stir in water, onion, garlic, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat and simmer, covered, 10 minutes. ►

## FAVORITE FOODS

meet the

## 7 SUPER SPICES



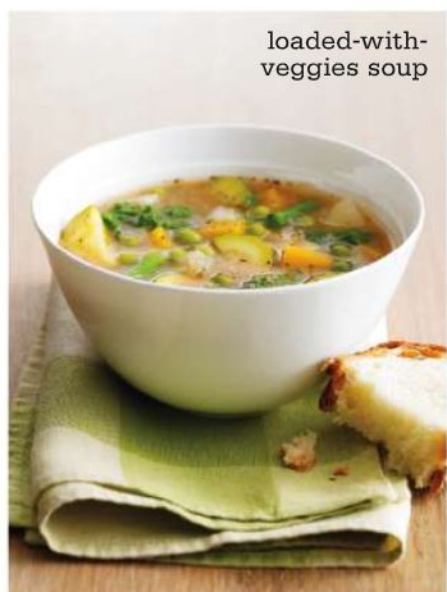
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loaded-with-  
veggies soup

**2.** Add remaining vegetables except peas. Simmer, covered, for 20 minutes or until vegetables are tender. Stir in peas and simmer for 3 minutes. Season with salt to taste.

**3.** Drizzle olive oil over each bowl of soup; serve with crusty bread, if desired.

Per serving: 177 cal, 8 g pro, 34 g car, 10 g fiber, 1 g fat (0 g sat fat), 0 mg chol, 616 mg sod

## beef, shiitake & barley soup

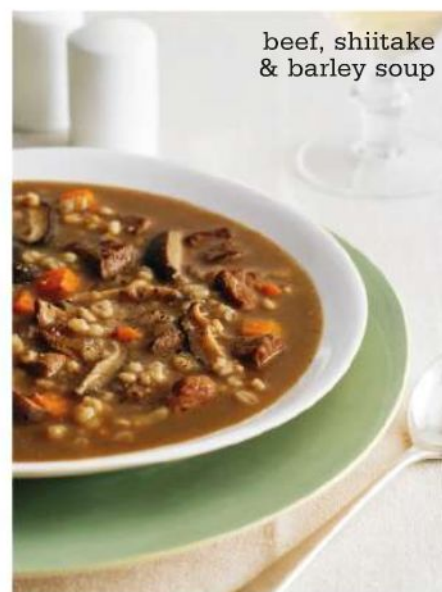
MAKES 8 CUPS; SERVES 6

ACTIVE: 15 MIN TOTAL: 1 HR

- 3 tsp oil, divided
- 12 oz lean beef chuck for stew, cut into bite-size pieces
- 1 large onion, chopped
- 2 large carrots, diced
- 12 oz shiitake mushrooms, stems discarded and caps sliced
- 2 tsp minced garlic
- 4 cups chicken broth
- 2 cups water
- ½ cup barley (not quick-cooking)
- ¾ tsp kosher salt, or to taste
- ¼ tsp freshly ground black pepper

**1.** Heat 1 tsp oil in a 5-qt pot over medium-high heat. Add beef; cook 4 to 5 minutes or until browned. With slotted spoon, transfer beef to plate.

**2.** Add remaining 2 tsp oil to pot. Sauté onion and carrots 3 minutes.



beef, shiitake  
& barley soup

Add mushrooms and garlic; sauté 3 minutes more.

**3.** Return beef to pot. Add broth, water, barley, salt and pepper; bring to a boil. Reduce heat and simmer, covered, 30 minutes or until meat and barley are tender. Season with salt to taste. **wd**

Per serving: 206 cal, 15 g pro, 19 g car, 5 g fiber, 8 g fat (2 g sat fat), 37 mg chol, 640 mg sod

## FREEZE WITH EASE

If your soup pot runneth over, freeze leftovers for a midweek meal. Try these helpful hints.

- Always cool soup first. “Piping-hot soup will defrost other items in your freezer and affect their quality,” says David Kamen, professor of culinary education at the Culinary Institute of America. Take the entire pot, place it in your kitchen sink (plug the drain first) and fill the sink with cold water until it reaches halfway up the pot. Let it sit for 45 minutes to an hour until the pot is cool to the touch. Place in the refrigerator for another hour before freezing.
- For space-saving storage, ladle cooled soup into freezer-safe resealable plastic bags (consider freezing single as well as multiple portions), squeezing out as much air as possible; seal. Place in freezer on top of one another in tidy, flat stacks. To defrost, place the bag(s) in a bowl of cold water or place them in a large bowl and let sit overnight in the refrigerator.

● Freezing soup in a plastic container? Leave less than an inch of space between the soup and the lid. “The more air inside the container, the faster freezer burn will set in,” says Kamen. To defrost, put the container in the refrigerator the night before you plan on serving it.

● Label containers or bags with a description and the current date to keep track of when they need to be thrown away. Dairy-based soups should only be frozen for 2 months—any longer and ice crystals will form, affecting the texture. Broth-based soups will keep for up to 3 months before their taste becomes compromised by other odors from foods in your freezer.

● Place soups containing beans, potatoes or pasta in the back of your freezer, where the temperature remains most consistent, suggests Kamen. Otherwise, every time you open the door, the soup will thaw slightly, causing starchy ingredients to absorb more moisture and get mushy.



# The Winning Ingredient.



## *Caramel Pecan Kringle*

Marzetti Caramel Dip is not just for dipping apples. It's great for dipping pretzels, strawberries, as a baking ingredient, or as an ice cream topping.

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blueberry-  
pomegranate  
martinis  
recipe,  
page 152

# love at first bite

The next installment of the film series doesn't hit theaters until fall 2012, but *Twilight* fever is far from cooling down. Invite neighbors over at nightfall for a grownup Halloween party with a vampire vibe—and let the Edward-vs.-Jacob debate heat up over hors d'oeuvres

PHOTOGRAPHS BY JONNY VALIANT





melting  
camembert  
recipe,  
page 152





spinach dip  
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SHOPPER'S GUIDE, PAGE 169



roasted  
vegetables  
with  
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roasted  
herb fillet  
of beef with  
horseradish  
sauce  
recipe,  
page 156

RECIPES & FOOD STYLING BY FRANK P. MELODIA; PROP STYLING BY OLGA NAIMAN.





candy apples  
recipe, page 156



# ***Change ordinary mashed potatoes into...***



## ***Mmmm...Mashed Potatoes***

### **Directions:**

1. Prepare mashed potatoes using CARNATION® Evaporated Milk in place of milk.
2. Taste the creamy difference.
3. Enjoy all the *Mmmm*'s from around the table.



Find recipes at  
**[TheCookingMilk.com](http://TheCookingMilk.com)**





log cake  
recipe, page 156

“For fun favors, fill small, clear plastic bags with Red Hots and label them by blood type—‘A positive’ or ‘O negative’—with stick-on labels.”  
*Jennifer Sbranti*

## be the Bella of your *Twilight*-themed ball

### ● INVITATIONS

Promise a bloody good time by splattering white cards with red nail polish, says Jennifer Sbranti, who writes the entertaining blog *HostesswiththeMostess.com*.

### ● CENTERPIECE

Arrange branches vertically

around a glass cylinder and wrap with twine, says Sabrina Soto, host of HGTV's *Halloween Block Party 2010*, airing October 16. Add dry ice (go to [dryicedirectory.com/usa.htm](http://dryicedirectory.com/usa.htm) to find it) for the foggy feel of Forks, Washington, the setting of the story.

### ● TABLE SETTINGS

Place a black charger under a plain white dish and finish with a red satin napkin, says Sbranti.

### ● PLACECARDS

Cut small slits in the tops of red apples and slip in paper cutouts with guests' names.

### ● DECOR

Cover chair backs with black pillowcases and secure with red ribbon, says Soto.

### ● DINNER DRINKS

Serve Vampire brand wines ([vampirevineyards.com](http://vampirevineyards.com)) and nonalcoholic Apple Beer ([applebeer.com](http://applebeer.com)).



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## eat well entertaining



### blueberry- pomegranate martinis

SERVES 8

ACTIVE: 5 MIN TOTAL: 10 MIN

- 2 cups blueberry-pomegranate juice
- ¼ cup fresh lemon or lime juice
- 2 cups blueberry vodka
- ½ cup orange liqueur (triple sec or Cointreau)

Garnish: blueberries (optional)

1. Mix blueberry-pomegranate juice, lemon juice, vodka and orange liqueur into an 8-cup glass pitcher. Cover top of pitcher with plastic wrap; refrigerate up to 1 day before serving.

2. When ready to serve, add 12 ice cubes to the pitcher; stir vigorously for

1 minute. Strain into chilled martini glasses. If desired, thread 4 or 5 fresh blueberries onto small wooden picks and place in each glass.

Per serving: 234 cal, 0 g pro, 18 g car, 0 g fiber, 0 g fat (0 g sat fat), 0 mg chol, 4 mg sod

### melting camembert

SERVES 12

ACTIVE: 10 MIN TOTAL: 30 MIN

- 1 round (about 8.8 oz)  
Camembert cheese,  
packaged in a wooden box  
Flatbread crisps, breadsticks for  
dipping

1. Heat oven to 375°F. Remove any paper labels from cheese box. Unwrap cheese and place back in box; cover box with its lid and place on a small baking sheet.

2. Bake 25 minutes, or until cheese is completely soft on the inside (tap top of cheese to check).

3. To serve, remove lid from box. Using a small serrated knife, carefully cut the top of the rind off the cheese (or cut and peel back top rind). Serve immediately with flatbread crisps or breadsticks for dipping.

Per serving: 62 cal, 4 g pro, 0 g car, 0 g fiber, 5 g fat (3 g sat fat), 15 mg chol, 175 mg sod

### spinach dip

MAKES ABOUT 3 CUPS; SERVES 12

ACTIVE: 10 MIN TOTAL: 20 MIN

- 1½ Tbsp each unsalted butter  
and olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 containers (5 oz each)  
baby spinach

- ½ tsp each kosher salt and  
freshly ground black pepper
- ¾ cup reduced-fat sour cream
- 6 oz feta cheese, crumbled

Breadsticks, vegetables for dipping  
(such as radishes, green beans,  
celery sticks and cherry tomatoes)

1. Heat butter and oil in a Dutch oven over medium heat. Add onion and garlic; cook 5 minutes or until onion is tender. Stir in spinach, salt and pepper; continue to cook, ►





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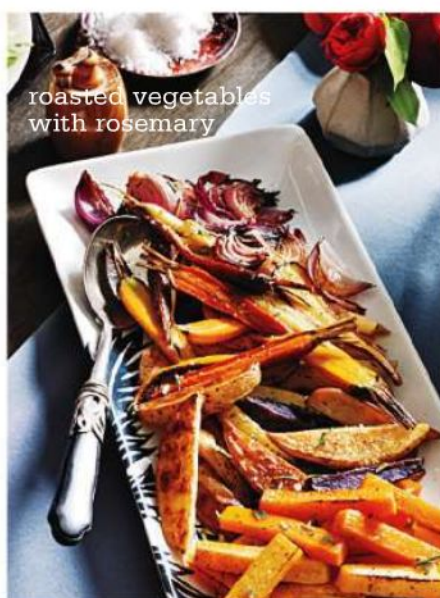
spinach dip

## roasted vegetables with rosemary

SERVES 12

ACTIVE: 30 MIN TOTAL: 1½ HR

- 1½ lb medium Yukon Gold potatoes, unpeeled, cut into 1-in. wedges
- 2 large red onions, cut through the root end into ½-in.-thick wedges
- ¾ lb thin carrots, peeled, halved lengthwise, cut into 3-in. pieces
- 1 butternut squash (1½ lb), cut into 2 x ¾-in. pieces



roasted vegetables with rosemary

tossing, 1 to 2 minutes or until spinach just wilts. Cool the mixture to room temperature.

2. Transfer spinach mixture to food processor; pulse until spinach is fairly smooth. Add sour cream and feta; pulse until blended.

3. Spoon into a bowl, cover and refrigerate until cold. (Dip can be made up to 2 days ahead and refrigerated.) Serve with breadsticks and vegetables for dipping.

Per ¼-cup serving: 105 cal, 3 g pro, 6 g car, 1 g fiber, 8 g fat (4 g sat fat), 24 mg chol, 286 mg sod

- ¼ cup olive oil
- 2 Tbsp chopped fresh rosemary
- 1 tsp kosher salt, or to taste
- Freshly ground black pepper

1. Position oven racks in bottom third and center of oven; heat oven to 425°F.

2. Combine potatoes and half the onions on a large rimmed baking sheet; place carrots, squash and remaining onions on a second sheet. Drizzle oil over vegetables and sprinkle with rosemary. Toss vegetables on each baking sheet to coat evenly; arrange in an even layer.

3. Place one sheet on each oven rack. Roast 30 minutes, tossing once. Reverse positions of baking sheets; continue to roast until all vegetables are tender and lightly caramelized in spots, tossing occasionally, about 30 to 40 minutes longer.

4. Season the vegetables with salt and freshly ground pepper to taste. Transfer roasted vegetables to a large bowl or serving platter.

5. If you don't want to serve vegetables right away, you can let them stand on baking sheets at room temperature for up to 6 hours, then rewarm in a 450°F oven until heated through, about 10 minutes. ►

Per serving: 129 cal, 3 g pro, 20 g car, 3 g fiber, 5 g fat (1 g sat fat), 0 mg chol, 191 mg sod

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## roasted herb fillet of beef with horseradish sauce

**Planning Tip:** Horseradish sauce can be made up to 2 days ahead and refrigerated.

SERVES 12

ACTIVE: 35 MIN TOTAL: 1¼ HR

### Herb Fillet of Beef

- ¼ cup whole-grain Dijon mustard
- 3 Tbsp mixed chopped fresh herbs (sage, rosemary and thyme)
- 1 Tbsp extra-virgin olive oil
- Vegetable oil, for browning
- 1 oven-ready, tied fillet of beef roast (4 lb)
- 1 tsp kosher salt
- Freshly ground black pepper

### Horseradish Sauce

- 1 cup reduced-fat sour cream
- ½ cup cream-style horseradish sauce
- 1½ Tbsp chopped parsley
- 1½ tsp honey mustard
- Freshly ground black pepper

1. Heat oven to 450°F. In a small bowl, mix mustard, herbs and olive oil.

2. Heat a large Dutch oven over medium-high heat. Add enough vegetable oil to just coat bottom of pan. Pat beef dry with paper towel and season with salt. Sear beef, turning every 4 minutes, until all sides are well browned, about 12 minutes total. Transfer beef to a roasting rack set in

a shallow roasting pan and brush with the mustard mixture.

3. Roast the beef 15 to 20 minutes or until an instant-read thermometer inserted in center registers 125°F, for medium-rare. Let beef rest on a cutting board, loosely tented with foil, 15 to 20 minutes.

4. Meanwhile, to make Horseradish Sauce, whisk all ingredients in a medium bowl until blended.

5. Slice beef into thick slices. Serve warm or at room temperature with horseradish sauce.

Per serving: 440 cal, 29 g pro, 4 g car, 1 g fiber, 34 g fat (13 g sat fat), 109 mg chol, 389 mg sod

## candy apples

MAKES 12

ACTIVE: 45 MIN TOTAL: 1½ HR

- 12 very small Red Delicious apples (from bagged apples)
- 12 (8-in.-long) clean twigs, thin wooden dowels or candy sticks
- 2 cups sugar
- 1 cup each light corn syrup and hot water
- ½ cup red cinnamon candies (like Red Hots)
- ¼ tsp liquid red food color

1. Line a large baking sheet with nonstick foil or parchment paper.

2. Wash and thoroughly dry apples; remove stems. Insert twigs firmly into stem ends.

3. Combine sugar, corn syrup and water in a medium saucepan over medium-high heat; stir until sugar dissolves. Attach a candy thermometer to side of pan. Continue to cook, without stirring, until mixture reaches 250°F (wipe down sides of pan with a wet pastry brush occasionally to prevent crystallization).

4. When mixture reaches 250°F, add cinnamon candies and stir just to blend. Continue to cook until 300°F, about 15 to 20 minutes. Remove syrup from heat and swirl in food color, tilting saucepan, until blended. Let mixture settle for a minute until bubbles slow down.

5. Holding an apple by the twig and tilting pan, dip and swirl apple until coated. Lift apple and gently twirl over saucepan, letting excess drip back into



pan. Place on prepared baking sheet, twig up. Repeat with remaining apples.

6. Allow apples to stand at room temperature until candy coating hardens, about 1 hour. Candy apples can be made up to 1 day ahead and stored at room temperature.

Per candy apple: 298 cal, 0 g pro, 76 g car, 2 g fiber, 1 g fat (0 g sat fat), 0 mg chol, 27 mg sod

## log cake

SERVES 12

ACTIVE: 1 HR TOTAL: 2 HR

### Mocha Filling

- 2 tsp instant espresso powder
- 1 Tbsp coffee liqueur, black coffee or water
- 1½ bricks (12 oz total) cold cream cheese, cut into chunks
- 1 cup confectioners' sugar

### Chocolate Sponge Cake

- 2 Tbsp plus ⅓ cup cake flour (not self-rising)
- ⅓ cup Dutch-process unsweetened cocoa powder
- ½ tsp each baking powder and kosher salt
- 5 large eggs, separated, at room temperature
- ¾ cup granulated sugar
- 2 tsp vanilla extract
- Confectioners' sugar, for dusting

### Chocolate Frosting

- ⅔ cup heavy cream
- 2 tsp each unsalted butter and light corn syrup
- 1 bag (11.5 oz) bittersweet chocolate chips ▶



roasted herb fillet of beef with horseradish sauce



orange cream mini-cheesecakes



WOMAN'S DAY

apple-raspberry crisp



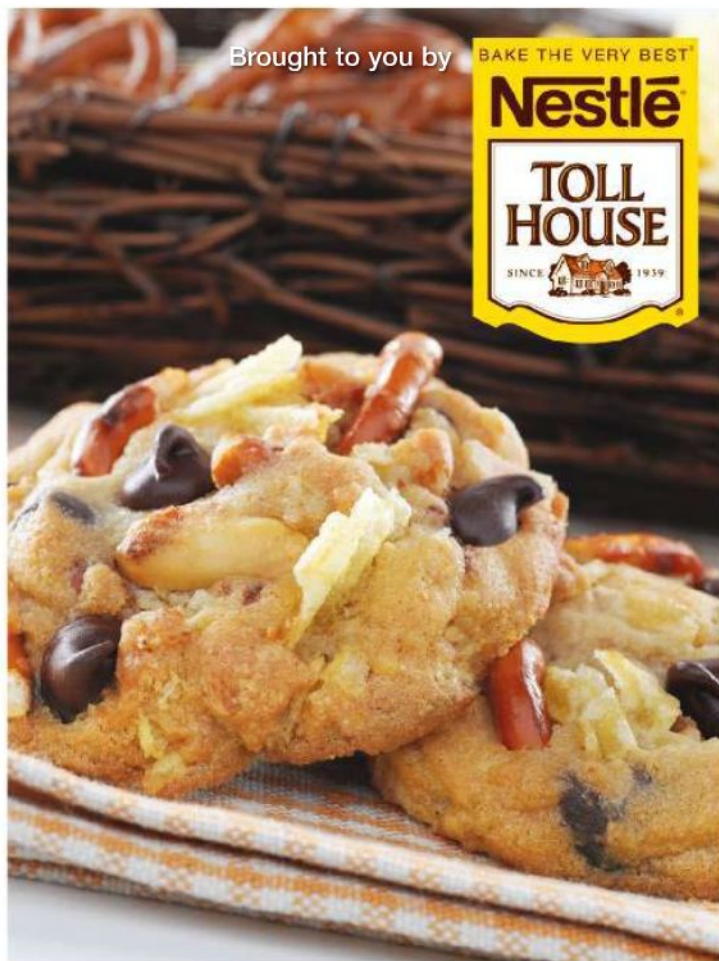
WOMAN'S DAY

rich chocolate pudding

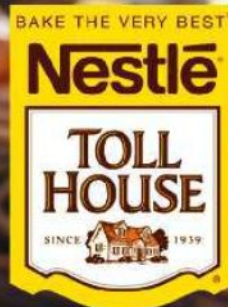


WOMAN'S DAY

Promotion  
sweet and salty cookies



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## apple-raspberry crisp

SERVES 6

ACTIVE: 20 MIN TOTAL: 1¼ HR

- 4 Gala or Braeburn apples (2 lb), peeled, cored and sliced about ¼ in. thick
- 2 cups frozen unsweetened raspberries (from a 12-oz pkg)
- ⅓ cup maple syrup or pancake syrup
- 2 Tbsp cornstarch
- 1 tsp vanilla extract
- ½ tsp apple pie spice
- 8 reduced-fat pecan shortbread cookies (Pecan Sandies)
- ½ cup coarsely chopped pecans
- Vanilla ice cream (optional)

1. Heat oven to 375°F. Coat a 1½-qt shallow baking dish with nonstick spray.
2. Toss apple slices, frozen raspberries, maple syrup, cornstarch, vanilla and spice in a large bowl. Evenly spread into prepared baking dish; cover with foil.
3. Bake 45 minutes. Remove foil, crumble shortbread cookies on top and sprinkle with pecans. Bake uncovered 10 minutes more or until fruit is tender and mixture is bubbly.
4. Serve warm or at room temperature with vanilla ice cream, if desired.

Per serving: 298 cal, 3 g pro, 47 g car, 4 g fiber, 12 g fat (1 g sat fat), 0 mg chol, 89 mg sod

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Promotion

## sweet and salty cookies

MAKES ABOUT 60 COOKIES

PREPARATION: 15 MIN BAKING OR COOKING: 9 MIN

- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt (optional)
- 1 cup (2 sticks) butter, softened
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups (12-oz.pkg.) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels
- 2 cups coarsely broken rippled potato chips
- 1 cup small pretzel twists, broken into ½-inch pieces
- ½ cup unsalted peanuts (optional)

1. PREHEAT oven to 375° F.
2. COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels, potato chips, pretzel pieces and peanuts. Drop by rounded tablespoon onto ungreased baking sheets.
3. BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.



[www.verybestbaking.com](http://www.verybestbaking.com)

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## orange cream mini-cheesecakes

MAKES 8

ACTIVE: 15 MIN TOTAL: 1 HR 40 MIN

- 8 pieces refrigerated mini-sugar cookie dough from a 16½-oz pkg (we used Nestlé Toll House Mini Sugar Cookies)
- 1 pkg (11.1 oz) no-bake cheesecake dessert mix (we used Jell-O)
- 1½ cups milk
- 2 Tbsp grated orange zest
- 1 tsp vanilla extract

Garnish: sweetened whipped cream or whipped topping, orange slices

1. Heat oven to 325°F. You'll need 8 small teacups or 8 muffin cups with paper liners.
2. Bake cookies as package directs. Cool on rack.
3. Fit a cookie into bottom of each teacup or lined muffin cup.
4. Beat cheesecake filling mix and milk on low speed 30 seconds. (Reserve crust mix for another use.) Beat on medium speed 3 minutes. Stir in zest and vanilla until combined; spoon over cookies. Refrigerate at least 1 hour. Top with whipped cream and orange slices.

Per cheesecake: 202 cal, 3 g pro, 33 g car, 1 g fiber, 7 g fat (4 g sat fat), 9 mg chol, 279 mg sod

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## rich chocolate pudding

SERVES 4

ACTIVE: 5 MIN TOTAL: 15 MIN (PLUS 2 HR CHILLING)

- 2 cups milk
- 5 Tbsp sugar
- 2 Tbsp cornstarch
- 1 Tbsp unsweetened cocoa
- Pinch of salt
- 1 bar (4 oz) bittersweet chocolate, broken up
- 1 tsp vanilla extract

Garnish: lightly sweetened whipped cream, espresso beans, cinnamon

1. Whisk milk, sugar, cornstarch, cocoa and salt in a medium saucepan to blend. Bring to a boil over medium-high heat. Stir often with a whisk, going into corners of saucepan.
2. Boil 1 minute, whisking, until thickened. Remove from heat; stir in chocolate and vanilla until chocolate melts and mixture is blended.
3. Scrape into a bowl. Cover with plastic wrap, gently pressing wrap directly against pudding. Chill at least 2 hours or until cold. Spoon into small cups or bowls; garnish.

Per serving: 279 cal, 5 g pro, 40 g car, 2 g fiber, 13 g fat (8 g sat fat), 17 mg chol, 97 mg sod

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# Who Would You Bake Some Love for?

My daughter's favorite thing to do is bake Toll House® chocolate chip cookies. She claims she knows the exact amount of chocolate chips needed for the perfect batch: the whole bag minus 10 morsels. Then she says she'll gladly "take care" of those extras.



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log cake

**Garnish: fondant snake (recipe below)**

**1. Mocha Filling:** In a small cup, stir together espresso powder and coffee liqueur until dissolved. In a food processor, combine the cream cheese, confectioners' sugar and coffee mixture until smooth. Refrigerate 1 hour.

**2. Chocolate Sponge Cake:** Heat oven to 400°F. Lightly coat a 15½ x 10½ x 1-in. jelly roll pan with cooking spray. Line with parchment paper and coat with spray. Dust with 2 Tbsp cake flour, tapping around pan to coat completely. Tap out excess flour. In a small bowl, combine remaining ⅓ cup cake flour, cocoa powder, baking powder and salt.

**3.** In a large bowl, on medium-high speed with handheld mixer, beat egg whites until foamy. Gradually beat in ½ cup of granulated sugar. At high speed, beat whites until stiff yet billowy peaks form.

**4.** In another large bowl with same beaters (no need to wash beaters), beat egg yolks and remaining ¼ cup sugar on medium-high speed 2 minutes, or until thickened and pale. On low speed, beat in extract, then flour mixture. Stir ¼ of the beaten whites into yolk mixture to lighten (prevents whites from deflating). Fold yolk mixture into remaining whites. Spread batter into prepared pan in an even layer.

**5.** Bake 12 minutes, or until cake is puffed and top springs back when lightly pressed. Heavily dust a clean kitchen towel with about ⅓ cup confectioners' sugar. Invert hot cake

onto dusted area of towel. Remove pan; carefully peel off parchment paper. Starting from a long side, tightly roll up cake with towel. Place seam side down on wire rack. Let cool completely.

**6. Chocolate Frosting:** Combine cream, butter and corn syrup in a 1-qt glass measure; microwave on high 1½ minutes or until simmering. Add chocolate; let stand 3 minutes. Whisk until smooth. Let stand 30 minutes or until mixture has thickened to consistency of canned frosting.

**7. To fill cake:** Carefully unroll cake on cutting board (leave on towel). Spread cake evenly with mocha filling. Starting from a long side, roll cake into a log. Lift log onto a sheet of plastic wrap; wrap and refrigerate, seam side down, until filling firms.

**8. To assemble log:** With a serrated knife, cut off a 3-in. diagonal slice from one end of the log and a 2-in. diagonal slice from opposite end to use as branch stumps. Place log, seam side down, on a slight diagonal on serving platter. Using photo as guide, attach the 3-in. stump to side of cake with some frosting to form a Y shape. Place remaining 2-in. stump on top of log, near opposite end of the Y, with cut end pointing in the opposite direction from other stump. Using small icing spatula, frost log and stumps, applying frosting in long smears to resemble coarse bark, but leaving all cut surfaces unfrosted to expose filling. Refrigerate log at least 2 hours to harden frosting. Drape fondant snake on top of log, if using.

Per serving: 494 cal, 8 g pro, 47 g car, 2 g fiber, 34 g fat (18 g sat fat), 155 mg chol, 276 mg sod

**Fondant Snake:** Using red gel or paste food color, tint ¼ cup white fondant; pinch off a pea-size ball and shape into snake's tongue. Roll remaining fondant into a 12-in. rope about ½ in. thick. Roll 2 Tbsp white fondant into a thinner 12-in. rope. Roll the white and red ropes together until 18 in. long. One inch from an end, pinch roll to make head. With scissors or knife, cut a horizontal slit to make mouth; insert tongue. Cut a chocolate-covered raisin or cranberry for eyes and nose. **wd**

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# ready when you get home: chicken cacciatore

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SERVES 4

ACTIVE: 10 MIN

TOTAL: 2½ TO 3½ HR ON HIGH;  
5 TO 8 HR ON LOW

- 1½ cups marinara sauce
- ½ cup thinly sliced onions
- ¼ cup tomato paste
- ¼ cup red or white wine
- ½ tsp each dried rosemary and kosher salt
- 8 small chicken thighs, (about 1¾ lb), skin removed
- 8 oz mushrooms, cut in half or quartered if large

1. Mix marinara sauce, sliced onions, tomato paste, wine, rosemary and kosher salt in a 4-qt or larger slow cooker.

2. Add chicken and mushrooms; toss to mix and coat.

3. Cover and cook 2½ to 3½ hours on high or 5 to 8 hours on low until chicken and onions are tender. Remove to a serving platter.

Per serving: 252 cal, 27 g pro, 20 g car, 4 g fiber, 7 g fat (2 g sat fat), 96 mg chol, 916 mg sod

## recipe twists

- 1 Want a leaner supper? Use 4 bone-in chicken breasts in place of the dark-meat thighs, which are higher in fat.
- 2 Make the dish alcohol-free by omitting the wine and stirring in 1 Tbsp red wine vinegar at the end.
- 3 For a mild pepper taste, add a large sliced cubanelle (Italian frying pepper) in step 2.

## finishing touches

- **Spoon** over polenta or rice.
- **Top** with chopped Italian parsley or basil.
- **Drizzle** with extra-virgin olive oil for a richer flavor.





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## pumpkin-vanilla flan

1

1 box (2.7 to 3 oz)  
flan with caramel  
sauce mix



2

1 cup (from a 30-oz  
can) pumpkin  
pie mix (*not* 100%  
pumpkin purée)



3

1 cup French  
vanilla coffee  
creamer



SERVES 4

ACTIVE: 5 MIN

TOTAL: 1¼ HR  
(INCLUDES CHILLING)

Place four 6-oz custard cups or ramekins  
on a tray.

Follow directions on flan box, substituting  
1 cup pumpkin pie mix and 1 cup vanilla  
creamer for the 2 cups milk. (Freeze remaining  
pie mix for up to 6 months for another use.)

Refrigerate 1 hour or until firm. To unmold,  
run a small metal spatula around edge of  
each flan, then invert onto serving plates.  
Shake gently to loosen, then lift off cups.

Per serving: 330 cal, 1 g pro, 62 g car, 6 g fiber,  
8 g fat (2 g sat fat), 0 mg chol, 165 mg sod

### TRY THIS TOO!

► Substitute  
eggnog for the  
vanilla creamer.

► Stir in ¼ tsp  
ground nutmeg  
before pouring  
into custard cups  
and chilling.

► Cut the fat and  
calories by more  
than half by using  
1% lowfat milk  
instead of vanilla  
creamer.



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# eat well this month

## november

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	<b>1</b> <b>MEATLESS MONDAY</b> <b>RIGATONI ALLA NORMA</b> Baby arugula salad	<b>2</b> <b>TURKEY TACO SKILLET</b> Baked tortilla chips	<b>3</b> <b>SCALLOPS WITH CREAMY PESTO</b> Rice Sautéed sugar snap peas	<b>4</b> <b>LOWFAT SLOW COOKER GREEN CHILI</b> Shredded lettuce & diced avocado salad	<b>5</b> <b>LOWFAT BALSAMIC LAMB STEAKS WITH SPINACH COUSCOUS</b>	<b>6</b> <b>LOWFAT MUSTARD CHICKEN ON GREENS</b> Steamed broccoli spears
<b>7</b> <b>HERB-COATED ROAST BEEF WITH VEGETABLES &amp; GRAVY</b> Mashed potatoes	<b>8</b> <b>MEATLESS MONDAY PITA PIZZAS</b> Mixed green salad	<b>9</b> <b>THAI NOODLE BOWL</b> Butter lettuce & sliced cucumber salad	<b>10</b> <b>LOWFAT SHRIMP WITH POTATOES &amp; FETA</b> French bread	<b>11</b> <b>VETERANS DAY LOWFAT SKILLET CHICKEN &amp; CHICKPEAS</b> Couscous	<b>12</b> <b>PORK CUTLET SANDWICHES</b> French fries or sweet potato fries	<b>13</b> <b>ITALIAN STEAK &amp; PEPPERS WITH CREAMY POLENTA</b> Mixed baby greens salad

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<b>14</b> <b>LOWFAT COD VERACRUZ-STYLE</b> Yellow rice with chopped cilantro	<b>15</b> <b>MEATLESS MONDAY GREEK FRITTATA &amp; SALAD</b>	<b>16</b> <b>OVEN-FRIED DRUMSTICKS</b> Mashed potatoes Steamed baby carrots	<b>17</b> <b>SLOW COOKER PORK &amp; MUSHROOM MOO SHU</b> Rice	<b>18</b> <b>TILAPIA &amp; VEGETABLE PACKETS</b> French bread	<b>19</b> <b>LOWFAT SHEPHERD'S PIE</b> Romaine lettuce & plum tomato salad	<b>20</b> <b>CAJUN SAUSAGE &amp; RICE</b> Spinach & cucumber salad
<b>21</b> <b>SLOW COOKER TARRAGON CHICKEN</b> Whole-grain dinner rolls	<b>22</b> <b>LOWFAT MEATLESS MONDAY PENNE ALLA VODKA</b> Arugula salad	<b>23</b> <b>THE ULTIMATE POT ROAST</b> Egg noodles with parsley	<b>24</b> <b>LOWFAT MANGO CHUTNEY PORK</b>	<b>25</b> <b>THANKSGIVING ROAST TURKEY</b> Cornbread stuffing Cranberry sauce Mashed sweet potatoes Green beans with almonds	<b>26</b> <b>TURKEY ENCHILADAS SUIZAS</b> Shredded romaine, radish & avocado salad	<b>27</b> <b>LOWFAT MEDITERRANEAN FISH STEW</b> Whole-grain French or Italian bread
<b>28</b> <b>BEEF &amp; VEGETABLES ON POLENTA</b> Mixed green salad	<b>29</b> <b>LOWFAT MEATLESS MONDAY VEGGIE CHILI</b> Sliced red onion & orange salad on greens	<b>30</b> <b>BROILED CHICKEN &amp; PEPPER SANDWICHES</b> Green beans with vinaigrette	<p><b>» Go to <a href="http://womansday.com/menus">womansday.com/menus</a> for entrée recipes</b></p>			





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## SHOPPER'S GUIDE

**LOVE AT FIRST BITE 144-161: 145: Bronze Beetle,** \$80, Michele Varian; [michelevarian.com](http://michelevarian.com)

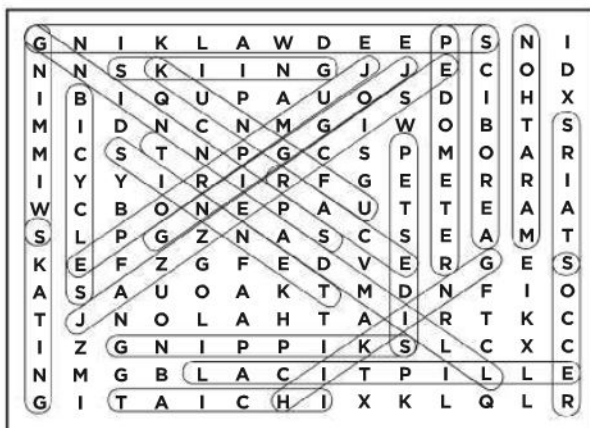
**146: Bird sketches canape plate,** \$6, West Elm; [westelm.com](http://westelm.com), 866-937-8356.

**147: Blue Wishing Glass,** \$150 for set of 6, Michele Varian; [michelevarian.com](http://michelevarian.com). **Black MS Goblet,** \$2.99, Target; [target.com](http://target.com) and in stores. **Thistle Plate,** \$14, Patch NYC ceramic from West Elm; [westelm.com](http://westelm.com), 866-937-8356.



## PUZZLE SOLUTION

Answer to the puzzle in our October 17 issue:



Losing Weight  
But Can't Get Rid of

## Belly Bulge?

Getting rid of stubborn belly fat can take more than diet and exercise alone... Popular "feel-good" pill may be solution.

**Y**ou diet... you exercise... you're even losing weight. But take a look in the mirror... you still have that unsightly belly bulge. Twenty pounds lighter and you still look... well... fat! How in the world can that be possible?

**Stress.** That's right... stress! As it turns out, the same diet that's helping you lose weight might actually be causing you to retain figure-destroying belly fat. That's because dieting is stressful. You worry about what to eat... when to eat... how much to eat. All that worry leads to "diet stress."



**“Excess tummy flab may not be your fault: That's the startling conclusion reached by scientists who discovered the likely cause of stubborn belly fat.”**

And, as we all know by now, even ordinary, everyday stress can cause your body to increase or retain belly fat. That's why you can go on a diet, lose weight, but still look thick around the middle.

**So what are we to do?** Millions of women are turning to weight-control "adjuncts" or "add-ons." These groundbreaking compounds are not really diet pills in the true sense of the word. Instead, they help traditional diet and exercise programs reduce tummy bulge by controlling diet-related stress and anxiety... the same stress and anxiety that can lead to stubborn belly fat retention (not to mention that all-time diet killer "Nervous Binge Eating").

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**Let's face it,** you not only want to lose weight, you want to look good... and looking good means a thinner waist and flatter tummy.

**So if you're ready** to go on a diet, or if you're already losing weight and having a hard time getting rid of your stubborn stress-related belly bulge, try this exceptional tummy flattening feel good pill. America's most popular weight-control "adjunct," Relacore.

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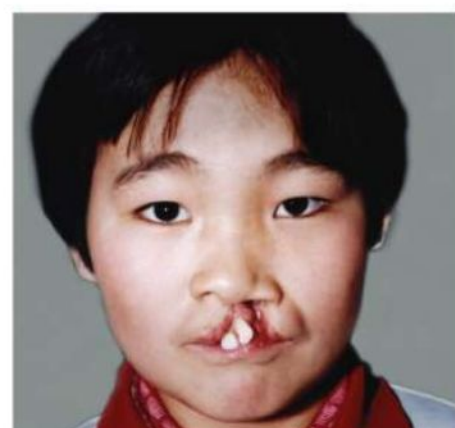
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# roll out a pie crust

## ► did you know...

The ancient Romans were the first to record a pie recipe. The filling contained a mixture of goat cheese and honey and the crust was made using rye.

Source: *American Pie Council*

Start with a flattened disk of dough (for a recipe, go to [womansday.com/pastry](http://womansday.com/pastry)) that has been tightly wrapped in plastic wrap and refrigerated until firm, at least 1 hour and up to 2 days.

**STEP 1** Place the unwrapped disk on a well-floured work surface. Dust your fingers, rolling pin and dough with flour. Roll out the dough, working from the center outward, rolling clockwise around the disk to form a 12-inch circle about  $\frac{1}{4}$  inch thick.

**STEP 2** Place a floured rolling pin in the center of the dough and fold the edge closest to you over the pin. Lift the pin, gently drape the dough over the pie plate and unroll it so

that it covers the entire plate.

**STEP 3** With floured fingertips, gently ease the pie dough into the bottom and sides of the plate. Using scissors, cut the dough along the edge, leaving a 1-inch border.

**STEP 4** Fold the edge of dough underneath itself to create a thicker  $\frac{1}{2}$ -inch border that rests on the lip of the pie plate. To crimp the edge, use the index finger of one hand to press the dough between the thumb and forefinger of the opposite hand; repeat around the edge of the dough. Refrigerate for at least 20 minutes and up to 2 days before filling so that the crust does not shrink.



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